

the Wharf

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LIFE'S A BLEACH

Colour? Blonde? We comb the area for the secrets of a dazzling 'do **P52**



**Summer
Special**

FAMILY DAYS OUT

BAGS OF IDEAS – PAGES 4-9



AUGUST 8, 2013

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BOUNCING INTO TOWN

Meet the Lions as they move to the Copper Box **P64**

PLUS

Charlton and Millwall kick off the new season



WIN

Dinner, movie and a Percy Jackson goodie bag **P61**

NEWS Row over Calders Wharf plan + KPMG to complete Wharf move + Fatwalk cash boost



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WEATHER

24C TODAY
Sunny

23C FRIDAY
Showers

23C SATURDAY
Sunny

23C SUNDAY
Showers

23C MONDAY
Cloudy

TRAVEL

TUBE & DLR

The DLR is closed Sunday between Bow Church and Stratford. Overground shut between West Croydon and New Cross on Sunday. Jubilee line is fine.

ROADS

No problems.

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NEWS

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Private chat is not about private parts

I talk openly to my real life and my non-real life friends on Twitter and Facebook. Other people can see my conversations, and they can join in – bring on the social media mash-up.

Private messages are for begging work contacts, bitchfests and the occasional apology. "I'm sorry I overstepped the mark while we were debating kitten gifs, it's a tough time for me, I just watched the last episode of *Luther*." That sort of thing. What I never send, and what I dread receiving, is a private message containing a tentative "hi" from a virtual stranger.

Beware the seemingly innocuous

BLONDE'S EYE VIEW



ANGELA CLARKE

opening line of 'hullo how r u? :)' (sic) that arrives unsolicited into your account. The naïve me thought these were sent by social media newbies. Bless them and their sweet natured shy ways – they don't know it's cool to talk out in the open.

Wait, what's this? They've sent me a photo of their penis? Urgh now I need to Dettol my phone and my eyes. Delete. Block. Wretch.

There's no surer sign of an Internet perv than a private message sent to test the water.

I'm not interested in your sexy sexy talk, and if I were to get dirty filthy it wouldn't be with someone

whose opening chat-up line is a misspelled hello.

I blame *Bridget Jones's Diary*. When Bridget and Daniel Cleaver swapped flirtatious messages about her skirt over that primitive form of MSN Messenger it gave a generation of office bound guys the wrong idea.

But here's the deal – you're not Hugh Grant, you're not roguishly charming, and I'm not interested in you. Keep your willy away from the Wi-fi. When it comes to social media I'm here to have a good time, I'm not here to get lucky.

Follow Angela on Twitter:
@TheAngelaClarke

London eye



REUTERS

Picture special
Page 60

Cyclists of all ages ride past Nelson's Column during the Prudential RideLondon FreeCycle ride on Saturday. On Sunday, cyclists retraced the route of the Olympic cycle race in a weekend when roads were closed to motor vehicles.

60 Second Wharf

NEWS

Keep your cards safe

An Isle of Dogs pensioner has warned of a new credit card scam orchestrated by criminal gangs.

News • Page 12

Family Days Out

Kids under your feet? Our guide offers some suggestions to make the most of the summer sun.

News • Pages 4-9

Keep out our garden

Residents and DLR operators have expressed concern over a housing scheme neighbouring Island Gardens.

News • Page 13

FEATURES

Music for the planet

Planetman wants to recreate the global vibe of the Olympics with his festival at Wilton's Music Hall.

What's On • Pages 4-5

Time for your waist

Hoopnotica is the latest hula hoop fitness craze from the States aimed at firming up those abs.

Health • Page 54

Taste of the sea

The Gun chef Quinton Bennett reveals his secret recipe for barbecued aromatic sea bass with sea spinach.

Food • Page 55



P14

What our writers are talking about



■ Each camp brings with it a whole new set of rules to learn and master; friends to be made, bullies to be avoided.

Tabitha Ronson

■ I met two families, with children who are sending them to schools in Bethnal Green and on the City fringe.

Cllr Peter Golds

■ Ignore the critics as you would ignore the swimming pool entreaties – no bombing, no diving, no running.

Giles Broadbent

■ As fierce rain beats down on Victoria Park, it's a decent place to sit. Even the babies behave and the beer's good.

Jon Massey

Corrections & Clarifications

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Set for a bumpy ride

ADVENTURE What have we let ourselves in for? 40,000-mile newbie sailors ask **Rob Virtue**

In less than a month an intrepid group of amateur sailors leave their jobs to take on a trip of a lifetime.

Twelve yachts, each 70 feet long, will set sail from St Katharine Docks on September 1 for a 40,000 mile race around the world, tackling the high seas.

Bankers, IT workers, PAs and a host of other professionals have been training hard to reach peak physical fitness for the odyssey, which will also be an epic battle of spirit.

Chris Nelson, 48, who lives on the Isle of Dogs, has been training for the event for two and a half years but said nothing could prepare him for the real thing.

"During the training you're wondering if this is the right thing to do," said Chris, a freelance IT consultant. "Even now I can't quite believe what I've let myself in for."

"We've had some very tough training but there will certainly still be situations out there we haven't come across yet."

The journey will involve little sleep, much work and some treacherous sailing.

But Chris, who will be raising money for the Essex charity Dreams Come True, which carries out wishes of terminally ill children, says it has been a lifelong ambition to sail the world.

Potential participants are assessed by a committee before being whittled down from 10,000 to 600 for the

Clipper Round The World Race. Chris said judges were impressed by his run in the New York marathon – although his surname couldn't have hurt either.

"It has been mentioned," laughs Chris. "But I'm sure I would have heard by now if I was a relative of Horatio and sadly I haven't."

Michelle Porter, a PA in the City, who lives in Blackwall, is competing to raise money for Alzheimer's Society.

She said: "I'm least looking forward to the leg from China to San Francisco. It will be miserable weather and very tough sailing conditions. It doesn't appeal to me at all."

"The bit I'm most looking forward to, however, is the Sydney to Hobart race. There will be us and 80 other yachts leaving the Sydney Harbour on Boxing Day."

"It will be amazing to go half-way around the world and then take part in such a prestigious race – but it does mean no partying at Christmas."

As for her luxury item, it will be the recent gift of a Sony Xperia tablet.

"I'll be loading that with tunes," said Michelle, 36. "But with a limit of just 20kgs each there's not much room for luxury items so I'm just hoping I can fit it in."

The boats will be based in St Katharine Docks from August 22 and can be visited from August 24.

Go to uk.virginmoneygiving.com/Chris-Nelson1314 and michellessyachtrace-dream.com to donate. For more about the race go to clipperroundtheworld.



Michelle Porter from Blackwall, above, and Chris Nelson from the Isle of Dogs, below



Cheer soldiers as they pass

WOUNDED soldiers aiming to raise a quarter of a million pounds from a mammoth cycle ride will be passing through Canary Wharf tomorrow (Friday).

They are travelling 2,000km across Britain, visiting all 20 Barclays Premier League grounds within 14 days.

The team includes serving and former soldiers, three of who are amputees. There are also three former

soldiers taking part who suffered injuries and now work for Barclays.

They will be passing by the Barclays headquarters just after 3pm.

Paul Findlay, 28, took on a role at Barclays after losing his right leg while serving in Afghanistan.

He took advantage of the bank's After programme which aims to employ 50 wounded soldiers by the end of this year.

Paul, who is now Barclays security technology manager, said: "I thought my employment options were severely limited, and I never thought I would be working for a bank."

"I'm leading this challenge to raise funds for Help for Heroes and ABF The Soldiers' Charity because I've seen the difference programmes like this can make."

Go to cycle2000.com.

NEWS IN BRIEF

Around east London

Ruckus picked to run Wi-fi services

CANARY WHARF O2 has chosen Ruckus Wireless to carry out technical work for its upcoming free Wi-fi service on the Canary Wharf estate.

To be launched later this summer, it will see workers and visitors able to connect their mobile devices within the Wharf's shopping malls, bar, restaurants, park space and plazas for no fee.

Ruckus has run similar O2 Wi-fi contracts for Westminster, Kensington and Chelsea, which launched last summer.

Complaints wash up on the shore

NEWHAM Royal Docks residents have complained of a rise in litter and anti-social behaviour since a man-made beach arrived last month.

It has led to Newham Council increasing security at the site.

The council is also discouraging people from swimming in the docks, which is banned due to a strong current.

However, on August 31, the Great London Swim takes place in the dock.

Go to greatswim.org.



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Family Days Out

IN BRIEF

City Cruises Sightseeing Cruise

Throughout the year

See the best London has to offer during the summer with a hop on, hop off City Cruises tour, which includes commentary on the history of the riverside.

Adult £15.30, child £7.65,
family ticket £30.60
citycruises.com

Craft in the Clore, Clore Learning Centre, Old Royal Naval College Greenwich

Aug 12 to 16, from 1pm to 4pm

Whether it's creating pieces of art with clay, felt or paper, there's scope for all design talents at this drop-in workshop for families. Suitable for children aged five and above.

£2 per child
ornc.org

Up At The O2

Follow in the footsteps of music stars Muse and 30 Seconds to Mars by clambering onto the roof of the iconic North Greenwich music venue. Visitors can scale up to 52m above ground level during their 90 minute session in the sky. Throughout the year.

Prices start from £25
upattheo2.co.uk

Down by the riverside



MUSEUMS



Natural History Museum

From chrysalis to beautiful butterflies – children can discover the magic of one of nature's most fascinating life cycles in an immersive exhibition, *Sensational Butterflies*.

Little ones can pick up an explorer backpack containing a hat and binoculars, plus activity booklets filled with explorers' tools, drawing materials and fun activities for their mini adventure around the museum.

Add into the mix huge T-Rex, dinosaur bones, precious gems and creepy-crawlies and the museum gives families the definitive background to the natural world as it is known today.

A new interactive film *Who Do You Think You Really Are?* narrated by Sir David Attenborough brings humans and dinosaurs to life together.

Screens and webcams take you on a virtual journey through your evolutionary past. Extinct creatures appear to roam around in the studio via augmented reality – the blending of computer graphics into real life.

Entry to the museum is free. There is a charge for some temporary exhibitions including *Sensational Butterflies*, £4.50.

nhm.ac.uk



Science Museum

Be science geeks for the day in 3D. Make your very own 3D glasses, create a pop-up version of the museum to take home and watch a 3D film in the IMAX Cinema.

Take part in design workshops to see your creation printed and step inside the scanning booth for a chance to have a 3D printed version of yourself displayed in an exhibition that opens later in the year. You can also experience the thrill of the 4D and 3D simulators.

Throughout the summer holidays enjoy some explosive family theatre for curious minds. *The Energy Show* sees Annabella and Phil, two futuristic science students, race against time to prove their knowledge of energy.

With help from virtual lab-assistant, i-nstein, and a steampunk workshop full of gadgets and chemicals, they demonstrate live experiments on stage. Methane bubbles are set alight to make fireballs, liquid nitrogen freezes flowers and hydrogen rockets are fired into the audience. This fast and furious summer show is suitable for everyone aged seven and above.

Entry to the museum is free, but you need to buy a ticket for the IMAX cinema, flight simulators and some special exhibitions.

sciencemuseum.org.uk

WATERWAYS

It's fun, relaxing and free and it's all around you in London. Walking around the capital's waterways, enjoying the scenery and spotting wildlife is perfect for a summer's day.

And the Canal & River Trust is encouraging more Londoners to make the most of them.

Brian Fender, chairman of the trust, said: "Walking around London's canals you often come across something unexpected. They are so varied."

"There are over 100 miles of them, from Rickmansworth through to central London and Docklands, all the way up to Hertfordshire and beyond."

"You may know an area but you get a completely different – and often very beautiful – view of it from the water's edge."

The organisation has released 100 Hidden Gems, including many in the capital, to help you make the most of the canals. There are many around these parts but, if it's wildlife you're after, head west to Slough where Brian recently was.

"I saw a mass of dragonfly, big and blue, about four inches long," he said. "There were moorhens with chicks and coots with chicks, and plenty of ducks."

"The Slough Canal Arm is a particularly peaceful route."

For more bustle, try further in town, and tackle the Little Venice to Camden Lock path.

"You do expect it to get busier



TV presenter Miranda Krestovnikoff is backing 100 Hidden Gems

around Camden but there's so much more to see on that route," said Brian.

"We took Andrew Gilligan, the London cycling tsar, down there as the number of cyclists using that route is going up. But with the number of walkers going up too it shows they can both happily co-exist."

Closer to east London there's the Three Mills route, as well as Limehouse Marina.

"While the Olympic Park isn't yet fully open there's much to see walking around the canals nearby," said Brian. "On that stretch you walk right by the park."

The 100 Hidden Gems campaign has the support of Miranda Krestovnikoff, one of the presenters of BBC's *Coast* series.

She's encouraging Londoners to make the most of the waterways.

"I love visiting the canals, and on a lovely sunny day there really isn't a better place to be," she said. "From the huge variety of wildlife, to treating yourself to an ice cream or cool drink, it's a fun, family place to enjoy the history on your doorstep without breaking the bank."

Go to canalrivertrust.org.uk.



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Family Days Out



Cutty Sark learning manager Catherine Stevenson on board the ship

Greenwich time

Step into the shoes of sailors and raise a flag to naval life as Greenwich harnesses history for its summer activity programme.

While the **National Maritime Museum** is delving into the tradition of a *Message In A Bottle* with sailor stories and ship creations inspired by the venue's *Nelson's Ship In A Bottle* artwork, the **Cutty Sark** is linking with all things nautical for its *Summer At Sea* event.

Catherine Stevenson, Cutty Sark learning manager, said it was a family programme intended to showcase sailing skills, flag making as well as offering a chance to embrace the role of a sailor and scrutinise their eating habits. She said it was crucial the activities had integrity through historical fact, which helped visitors by "getting them to look at the ship in a new or different way".

She said: "It's all about bringing it to life. Everything we do at the ship is related to the ship and the stories she has got to tell - we always have a theme that connects directly to the ship."



"Summer is a good time to be thinking about what life was like living and working on board the Cutty Sark."

"It only had a small crew of people, probably about 28, and by looking at their jobs you can really start to know how everyone interacted and engaged with each other."

"There would have always been a cook, a captain and a carpenter who had expertise in mending the sails."

Another key character to tell the Cutty Sark's tale is Captain Woodget.

A former skipper of the Cutty Sark, an actor will take on his role every

Friday, Saturday and Sunday throughout August and tell tales from the sea about his 10 years at the helm.

Meanwhile at the **Royal Observatory Greenwich**, the scene will be changing from the sea to the skies with the *Alien Revolution* exhibition and Saturday Space Explorers session on August 31.

And across in North Greenwich, The O2's **Sky Studios** will play host to Disney favourites from *Iron Man*, *Monsters Inc* and *Cars* as part of its free family offering.

Class stars could be born in the *Monsters University Scare School*, mastering techniques like Let The Animal Out to earn a scare school certificate, check out this summer's blockbuster hit *Lone Ranger* or suit up and become an Iron Man.

Cutty Sark: events run throughout August and admission charges of adult £12, children £10, concessions £14.50 and family tickets from £20 - activities free with entry fee. National Maritime Museum: Free entry and admission to activities. O2 Sky Studios: Free

lively addition to the more traditional galleries, allowing families to let off steam while also learning about London's port, river and people.

Younger children can explore the soft play area with its DLR train, while older children can get to grips with hands-on experience that brings the history of London's docks to life.

They will have fun digging for treasure and damming a river in the Foreshore Finds area, try cargo loading in Tip the Clipper and explore the Victorian Docks in Docklands Playtime.

Free admission.
museumoflondon.org.uk/
Docklands



MUSEUM

Museum of London Docklands

A long list of fun family activities awaits visitors over the summer holidays - workshops where children can make peg pirates, a Victorian toy favourite and a musical playground where kids are introduced to nursery rhymes of times past.

Children can make and sail miniature boats, create their own shadow puppet, learn how to be a pirate or what it was like being a child in London during the Second World War.

The Mudlarks gallery at the museum is an interactive play area for children and their parents. It provides a

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~
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~
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~
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~
Classic Prawn Cocktail

~
Cornish Crispy Calamari with Garlic Mayonnaise

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~
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~
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Travel Club / Page 57



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Family Days Out



Tiger Territory at London Zoo

Don't be a scaredy cat as you enter the latest exhibit at London Zoo, which offers visitors the chance to come face-to-face with a pair of Sumatran Tigers.

The Indonesian-inspired enclosure forms a new home for the critically-endangered species and boasts towering trees for the big cats to climb, high viewing platforms so they can monitor territory and a pool allowing them to splash around.

Visitors can marvel at the latest addition

through floor to ceiling glass windows, offering an insight into the tigers' everyday lives from their meals at the high feeding poles to chilled out sessions spent in the dens.

Staff hope as well as getting used to their new home, which is five times the size of the former tiger enclosure, the pair will breed to protect the under-threat species.

Prices at the zoo gate: adult £25, children aged three to 15 £18, children under three free, concessions £22.50.

zsl.org/tigers

THEME PARKS



Chessington World Of Adventures

The Surrey-based theme park also includes a zoo and a hotel. The park is made up of 10 themed lands with rides such as Rattlesnake, Runaway Train and Dragon's Fury.

Negatives include having to pay for the car park, pricey lunch and the sometimes long queues to get into the park – best bet is to get your tickets online.

But overall, Chessington is a fun day out and not just for the kids. It may fall a bit short in the thrill ride stakes but staff are friendly and the Zafari and the zoo make this a theme park with a difference.

Tickets for two adults and two children cost £120 but there are discounts of up to 25 per cent for advance booking.

chessington.com



Legoland Windsor

This theme park is close to Windsor Castle and is based around the building blocks of our childhood.

Built on the site of Windsor Safari Park, it's now split into 11 lands with everything from Lego workshops, to miniature worlds made of Lego and rides. It's aimed at children between three and 12.

There are discounts for booking online at the Legoland website and in advance. The cheapest online booking for a family of four in August is £126.90.

Recent reports by visitors suggest the venue is looking a little dated of late and queues can be very long but you can pay an extra £70 each for a q-bot (fast-pass).

Aside from that, it's great entertainment for the youngsters.

legoland.co.uk



Thorpe Park

This is the one for thrills. Thorpe Park includes Saw, which it claims to be the "World's Most Terrifying Roller Coaster", among 11 extreme rides.

Based on the outskirts of London at Chertsey in Surrey, Thorpe Park is one for the older children. It's the capital's version of Busch Gardens, not huge, and focused on rides.

Queues can be mammoth but fast tracks are available for individual rides from £2 up to everything for £70.

There isn't much around apart from the big rides, making the theme park not as suitable for young children as the alternatives.

Tickets cost £165 for a family of four but if you book two days before it costs just £93.14. If travelling by car expect to pay a £3 charge.

thorpepark.com

Stratford: LolliBop and Park

More than 12,500 people have flocked to Queen Elizabeth Olympic Park in its first week of opening to enjoy the parklands, Tumbling Bay playground and Timber Lodge community centre as well as take in the stunning views of iconic buildings including the Velodrome, ArcelorMittal Orbit and Stadium.

One year on and the north area of the Olympic Park has been transformed into a place for families to enjoy and roam for free.

You can pass time in the Parklands, an area of wide open green space and a public garden that provides a natural haven for plants and animals, and is just a short stroll from Hackney Wick and Leyton.

Parents can take a break at the Timber Lodge, designed to blend into the natural landscape and produce its own green energy from solar panels. Inside, the Unity Kitchen Café offers refreshments and its outdoor terrace is an ideal spot to sit and relax in the sun.

On the southern fringe of the park head to the View Tube, an education and arts centre with fantastic views of the Olympic Stadium, Aquatics Centre and ArcelorMittal Orbit.

It's bright green and made from recycled shipping containers. Open seven days a week, View Tube teaches children about sustainability and regeneration and has its own cottage garden, bikes for hire and Moka Café



Families have flocked to see what's open in the Queen Elizabeth Olympic Park in its first week of opening. Left, CBeebies' Alex Winters

serving local and homemade treats. And on August 16-18, the LolliBop Festival is also coming to the park. The jamboree for little people will feature three days of sports, activities, performances, disco, arts, crafts, science, dance workshops and celebrity entertainers such as Dick & Dom.

CBeebies presenter Alex Winters is hosting the LolliBop Live stage over the three days.

He said: "It's really hard to pick a highlight but I'm really looking

forward to seeing Justin Fletcher live. My little girl is very excited about seeing Hello Kitty too."

The festival is designed to provide a fun day out for under 10s and their families. TV favourites such as Rastamouse, Shaun the Sheep, Postman Pat and Peppa Pig will be making an appearance. Single tickets start from £23.50 and a family of four ticket costs £92.

queenelizabetholympicpark.co.uk
theviewtube.co.uk
lolibopfestival.co.uk

SOUTH BANK



Festival of Neighbourhood at Southbank Centre

Artists, designers, architects and community groups have teamed up to create what they think is the capital's friendliest neighbourhood.

Street parties, a beach to soak up the sun, allotments and family games will inject a family feel to the Southbank Centre space while a host of programmes will keep the entertainment varied until next month.

Music-minded youngsters can express themselves in the Shlomo Beatbox adventure and the Monsi Mouse Baby Disco Dance Hall or channel their creative talent in Beanotown's booming area with comic strip classes and the chance to be a DJ.

Until September 8. Costs for some events, while others are free. southbankcentre.co.uk

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Horrible Histories: Spies

EXHIBITION

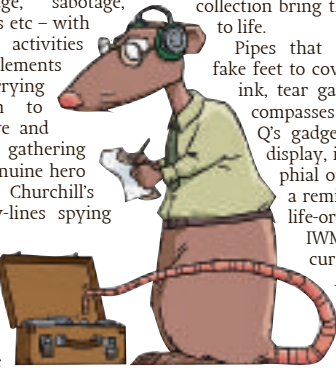
Splat the rat! may or may not have been a cri de guerre of the riled Germans undone by cunning Allied spies in the Second World War but it will certainly be the yell of choice at the Imperial War Museum this year.

For the digital rodent eradication via foot-stomping is the noisy centrepiece of the IWM's new exhibition, which melds genuinely awe-inspiring antics of the Special Operations Executive with Terry Deary's popular *Horrible Histories* franchise to create a sort of tale of derring-doodoo.

Aimed at rascally children but with adults in mind, this "stamper trail" explores different themes –

camouflage, sabotage, gadgets, codes etc – with hands-on activities and digital elements while marrying each section to the subversive and intelligence gathering antics of a genuine hero of Winston Churchill's behind-enemy-lines spying movement.

Accompanying the fun stuff, authentic artefacts from the



collection bring the 'Allo 'Allo theme to life.

Pipes that double as pistols, fake feet to cover tracks, invisible ink, tear gas pens, fly button compasses – the whole of Q's gadget inventory is on display, including a sinister phial of cyanide acting as a reminder that this was life-or-death stuff.

IWM historian and curator of *Horrible Histories: Spies*, said: "The theme of spies and *Horrible Histories* are both endur-

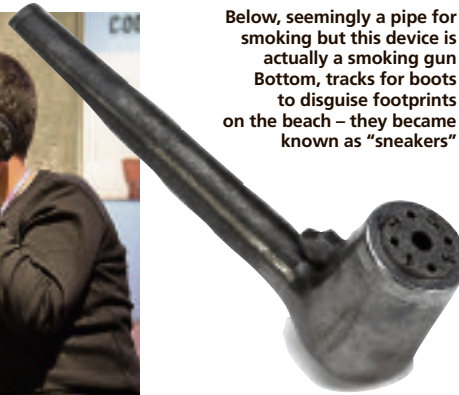
ingly popular so we decided to bring the two together and bring them to life."

Penelope Beech from publisher Scholastic said: "IWM London understands the irreverent humour and imagination that makes the books so special."

The exhibition sees the museum, in Southwark, partially re-open after its extensive refit, which began in January. Work continues throughout the rest of the year and through to summer 2014 to create new First World War galleries in time for the centenary commemorations.

Until July 2013, £6.20, children £3.30. iwm.org.uk

Below, seemingly a pipe for smoking but this device is actually a smoking gun
Bottom, tracks for boots to disguise footprints on the beach – they became known as "sneakers"



KEW GARDENS



Kew IncrEdibles: A Voyage through Surprising Edible Plants
A host of exotic plants prove they're both a feast for the eyes and tums as visitors have the chance to investigate a selection of 12,000 species of edible greenery.

Whether it's taking a ride on the Tutti Frutti Boating Lake for the first time in 100 years, exploring a floating pineapple island on the Palm House Pond or entering the scented secret banana grotto, the offerings strive to open people's eyes to their relationship with food.

Those interested in the theory behind the tasty edibles can opt for the talks and workshops programme, while hands-on growers can pick up specialist tips from Kew's staff and volunteers.

A global kitchen garden, tea party with a twist and picnic area round-off the mouthwatering experience.

Food gained from foraging will be on the menu at The Orangery restaurant on the last Thursday of every month.

Adults £14.50, concessions £12.50, kids under 16 are free.

There is an additional cost for visiting the Tutti Frutti Boating Lake experience. kew.org

AT THE CINEMA

Kids' Club Summer Holiday Specials at Greenwich Picturehouse

Youngsters can enjoy watching the tales of *Alvin And The Chipmunks*, *Ice Age: Continental Drift*, *Cody The Robosapien* and many more as part of a mix of family movie screenings.

Kids Club annual memberships cost £4 with the first movie free and tickets for accompanying adults are £1 each.

Tickets for non-members and accompanying adults are £3 each and can be bought on the day. The shows run until September 4. picturehouses.co.uk/cinema



Planes 3D (U) 92mins
Spin-off from *Cars* looks skywards for thrills. Out August 16

Smurfs 2 (U) 105mins
Unnecessary sequel sees the blue ones rescue Smurfette

Despicable Me 2 (U) 98mins
Minions steal the show in this visually inventive sequel

Monsters University (U) 110mins
How *Monsters Inc* duo Mike and Sully became friends

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How my son's Angry Bird impression won the day

It's the holidays. I am a working mum, so Master A is spending his vacation scuttling from one summer camp to another.

A backpack larger than his frame, bulging with essentials – snacks, lunch, water bottle, wellingtons, Crocs, swim gear, suntan cream, and baseball hat – weighing him down so he is almost walking horizontally, he trudges off without a whine.

Each camp brings with it a whole new set of rules to learn and master; friends to be made, bullies to be avoided. My

five-year-old is getting a bite-sized lesson in evolution, the survival of the fittest.

This week, he has learned how to win friends and influence people. Desperate to win a Special Camp Sticker, he has been dreaming up ways of achieving this goal but nothing has impressed these seen-it-all-before leaders enough for them to part with a coveted sticker.

"I want to go as an Angry Bird, mummy!"

I didn't quite see the connection to the Big Top and Circus theme dress-up day but Master A assured me he could go in

WORKING MUM



TABITHA
RONSON

any costume. It's amazing what a mum can find when put on the spot. I rooted around and came up with a canary yellow polythene poncho, courtesy of The Pound Shop (the body), a party hat (the beak), an old feather duster (the tail feathers) and a Marigold glove (the comb).

"What exactly has he come as?" asked the bemused leader at morning sign in. I didn't get a chance to reply as Master A, like the cock of the walk, swaggered into camp, humming the Angry Birds theme tune.

"Make way, Angry Bird coming through!"

At pick-up, a beaming Master A flew out, sporting his sticker. He was joined by a flock of other App-inspired characters.

According to the camp leaders, they were pressed into changing the theme of the day. So popular was Master A and his costume choice that most of the other children eschewed the face painting options of a lion, ring master or clown in favour of an Angry Bird or a Bad Piggie. *Working Mum, feeling less guilty about not being able to decamp to some exotic locale.*

POLITICAL VIEWPOINT

By Cllr Peter Golds

We don't see benefits of skyscrapers

There has been much controversy over the decision by Tower Hamlets to grant planning consent for a 75-storey building close to Westferry Circus.

This will drive a coach and horses through the carefully agreed policy previously enforced around Canary Wharf and is likely to result in a series of unco-ordinated and uninteresting skyscrapers.

As the committee was considering the application, consultation was underway for two further massive developments in the Westferry/South Quay area, one of which is for another 57-storey tower.

The problem for Islanders is that we rarely see the benefits of



Roads, health facilities and schools are bursting at the seams

these developments. Our roads, infrastructure, health facilities and schools are bursting at the seams, while more and ever larger development takes place.

We are told that developers will be making available money for education, but this is needed locally and now.

Days after the development meeting, I was at my councillors advice surgery. I met two families, with children who are sending them to schools in Bethnal Green and on the City fringe. Not easy journeys during the winter months. Unlike Mayor Lutfur Rahman, neither have a council-provided, chauffeur driven car.

As I promised to do what I could to help, we caught sight of *East End Life* and agreed the Mayor should spend less time posing for photographs and more time sorting out the actual needs of residents.

Conservative,
Blackwall &
Cubitt Town



Wharfinger The long view



1951 The Royal Docks busy at work bringing in goods from across the Empire and Commonwealth. The central wharf would become the runway of London City Airport.

1988 Musician Jean Michel Jarre and his wife Charlotte meet Princess Diana at the Royal Victoria Docks before the Destination Docklands concerts. Two concerts played to 100,000 each night and were accompanied by a fireworks and light show. The concert also featured Hank Marvin.



High Five Beach gadgets

Just lying about in the sun may be enough – but to enhance the experience try these nifty things



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Sun Bum Bat & Ball, £24.99 Simple, effective and fun beach game kit

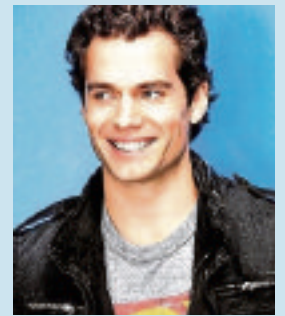


Swimfin, £21.99 Keep the kids safe by strapping on one of these beauties

Snapshot

Trends, stats & surveys

■ UK women, 18-35, have been daydreaming of which celeb they would most like to share a holiday romance with.



Henry Cavill	45%
David Beckham	42%
Gerard Butler	33%
Ryan Gosling	32%
Tom Daley	30%
Harry Styles	28%
Prince Harry	27%
Robert Pattinson	16%
Will.i.am	10%

25%



of Britons cannot identify Britannia, the face of our nation, confusing her with Joan of Arc, Margaret Thatcher, Boadicea and a young Queen Victoria.

PETS

Most popular pet names

Dog	Cat
1. Alfie	Oscar
2. Charlie	Charlie
3. Poppy	Alfie
4. Bella	Poppy
5. Ruby	Coco

Sources: Latetrends.co.uk; Royal Mint; Co-Operative Pet Insurance



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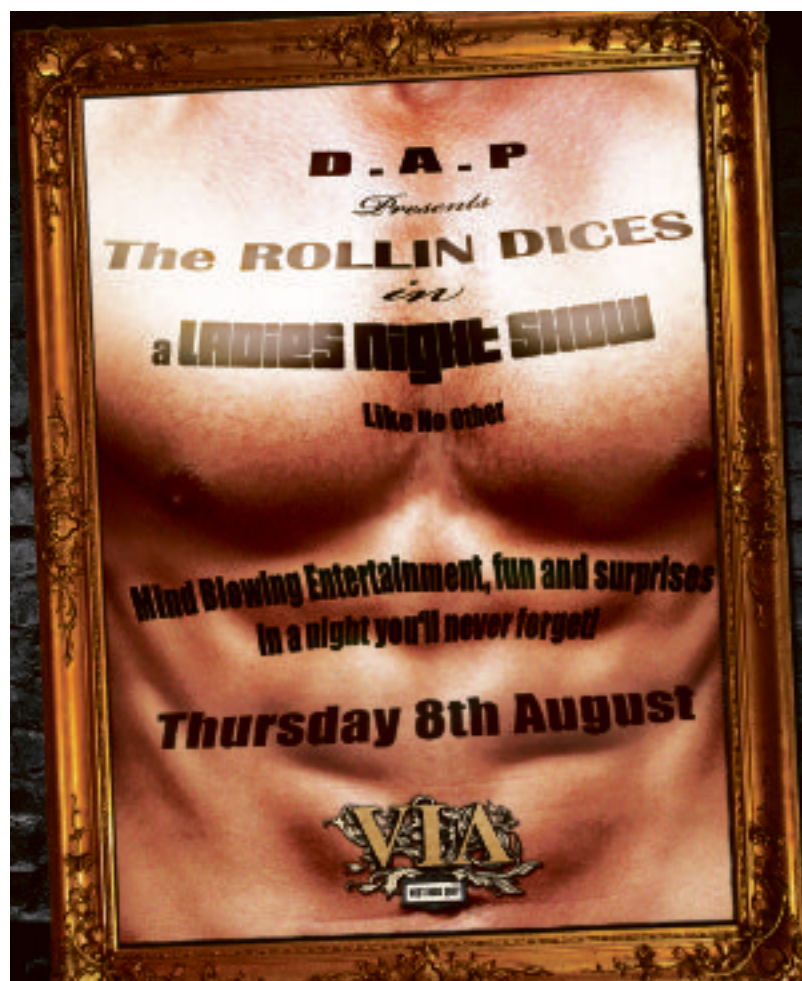
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NEWS IN
BRIEF

Around east London

**O2 bus station
shut for repairs**

GREENWICH The bus station next to The O2 will be closed throughout the month for maintenance works.

The hub caters for more than 30,000 passengers on a typical weekday.

Go to tfl.gov.uk.

**Nordic walkers
take a long stroll**

DOCKLANDS Nordic Walkers pushed their poles into new ground as they battled the elements in a charity challenge.

Led by Tug and Bibi Wilson, of Muscular Therapy, the two teams tackled a 66 mile non-stop course from Queen Elizabeth Country Park in Hampshire finishing up at Brighton Racecourse the following day to raise £4,000 for Nepal and Oxfam.

**Fire crews probe
cause of blaze**

NEWHAM The cause of a blaze that ripped through two flats in East Ham is being investigated.

A team of 58 firefighters and eight engines were called to the homes above a restaurant in Barking Road on Friday.



KAY LOCKETT

**Warning as
fraudsters
strike to get
PIN numbers****CRIME**

Beth Allcock
@wharf.co.uk

FRAUDSTERS are targeting the "most vulnerable" Tower Hamlets residents by using courier firms to access their savings.

The calculated crime, known as courier fraud, involves the culprit claiming to work for the police, bank or Serious Fraud Office and telling the victim their bank account is in danger and card needs to be collected.

They instruct the elderly or vulnerable person to call another number but don't disconnect the initial conversation – so they can obtain their PIN.

A courier or taxi driver is then sent to collect the victim's card, which is delivered to a co-conspirator who uses the PIN to empty the account.

An Isle of Dogs pensioner told *The Wharf* she received two such calls during one weekend.

TIPS TO AVOID FRAUD

- Never give your PIN or bank card details to anyone.
- If you are contacted by someone asking for your PIN, hang up.
- If possible, use a different phone line to report it to police by calling 101.
- Alternatively, allow five minutes for the line to automatically clear.
- Call 999 if the crime is still taking place.

Taking first steps

CLASSICAL ballet has arrived in the Isle of Dogs. Lanterns Studio Theatre, based by South Quay, has seen the New English Ballet Theatre move in, where they are currently preparing for a Royal Opera House performance.

Lanterns director Janet Viola has also become a patron of the group. She said: "It's a new, professional ballet company with dancers aged 20 to 28 who are developing their careers."

The theatre space last year had an international standard sprung floor put in place. It is now looking for sponsors to help fund a £25,000 digital sound and lighting installation at the venue, which has room to seat 350 people. It also has a grand piano that formerly belonged to Elton John. There will be an open day on October 8.

Go to lanternsstudiotheatre.co.uk.

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**River link to park
gets £240,000 lift****REGENERATION**

STRATFORD'S Queen Elizabeth Olympic Park will be linked up with the River Thames as part of a £240,000 project.

Cyclists and walkers will soon be able to travel from the two sites on dedicated routes along the River Lea after Mayor of London Boris Johnson announced financial support for the Fatwalk initiative.

The scheme – by the London Legacy Development Corporation (LLDC) and Newham and Tower Hamlets borough councils – will involve the completion of the 26-mile Lea Valley regional park.

The landscape riverside route will connect new and existing parks, visitor destinations, communities and businesses as well as green space and waterways.

This includes creating new ways of travelling between Three Mills and Canning Town and linkages from the future Poplar Reach park and riverside walk.

Mr Johnson said: "It is essential that we continue to enhance London's green spaces as we build more homes and buildings to accommodate our growing population."

The 73-year-old suspected the scam and didn't reveal her bank details.

She said: "When people pick up the phone and they are told it's a police officer, you want to believe them."

"It's very authentic, and you want to do what they tell you to do."

Supt Shaun De Souza Brady said: "Courier fraudsters put a huge amount of time and effort into being convincing because for them the pay-off is immense."

"This is a huge part of what makes them successful."

"We want people to question even genuine sounding calls and, most importantly, remember police and banks will never ask for your PIN and bank card."

"These unscrupulous people target the most vulnerable members of our communities and prey on their trusting nature and in most cases, the emotional cost to the victim far outweighs the monetary loss."

Trawling for new sea cadets

YOUNGSTERS in Tower Hamlets could soon take to the waters as members of the City of London Sea Cadets.

The unit, based aboard HMS Belfast, has "adopted" the borough and set its sights on raising its profile to provide training to residents aged between 10 and 18.

Steve Borne, parents and supporters association chairman, said the unit traditionally focussed on the City of London for fundraising and linkages with the Worshipful Company of Shipwrights.

He said: "We decided to adopt a borough. HMS Belfast is moored to the Southwark bank of the

river, but Southwark has a sea cadet unit. A section of the ship is opposite the Tower and Tower Hamlets."

The group has already recruited six members from the borough and is hoping to attract further interest within Tower Hamlets to reach its 40 cadet capacity. Go to seacadets.org/cityoflondon.

News

REUTERS



ON AIR From left, Anchor Jake Humphrey, co-commentator Michael Owen, and football experts Steve McManaman and David James discuss football during the launch programmes of BT Sport, which went live last week and broadcasts from the Queen Elizabeth Olympic Park in Stratford.

Homes scheme alarms DLR

NEW plans have been submitted for a controversial proposal to build a residential block next to Island Gardens.

The scheme at Calders Wharf has already raised concerns from the Docklands Light Railway as it's on ground directly above a rail tunnel at a "relatively shallow depth".

EastEnd Homes and Telford Homes are working together on the scheme for 25 apartments within a four storey building.

But residents are upset that it will impinge on Island

Gardens. Campaigner Parm Mahil said: "It's putting private development ahead of our heritage."

"If this is approved it could set a precedent for the area and goes against everything being done to protect the parkland."

So far around 600 people have signed a petition against the Calders Wharf plans following an earlier consultation.

The latest exhibition was held last month and included changes such as reducing

the height of the building from five to four storeys and scrapping the social housing part of the scheme.

The Docklands Light Railway has already spoken out about the plans and said it was not even consulted.

The letter from the group's transport planner, Liam Henderson, added: "Our rail tunnels run directly under the site at a relatively shallow depth and therefore this application is of great concern to us."

Rob Virtue

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Tower Hamlets Council in partnership with youth homelessness charity Depaul UK are looking for Tower Hamlets residents who can help a young person in need.

"She really feels like part of our family and hosting has worked out so well, that I am hoping to keep doing it for years to come."

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What's on

So what time is that on?

EXHIBITION

Cover Story: Radio Times

Museum Of London

Where do the private views and public discussion intersect most often and most favourably. Politics? Maybe – but it's not one for a decorous dinner table. Best sandwich fillings? Perhaps – but as the answer is egg mayo where's the debate?

No, the answer is still likely to be that old watercooler standby, TV.

Television viewing habits are personal but they are exported like Instagram snaps into the wider world for dissection and discussion.

Not what it was, of course. When Blitz-weary folk huddled to *ITMA* for laughs or Den delivered divorce papers to Angie in the Vic but television still occasionally finds the tipping to bring together the country in common cause.

Broadchurch was an example; national events such as the Olympics always work; *The Apprentice* and other reality shows might follow the laws of diminishing demand but they can still break ice in an awkward elevator moment.

The unveiling of Peter Capaldi as the new star of *Doctor Who* on Sunday was



A Dalek features in the exhibition tying in with the Dr Who anniversary

indicative that TV still has the power to coalesce an audience – because of, not despite, the proliferation of social media.

So the *Radio Times*, 90 years old this year, could be viewed as a microcosm of our cultural mores, as a new exhibition sets out to show.

Just a listings magazine, but the 4,500 covers provide some key social signifiers from the Reithian patrician outlook of the '20s to the shackle-free hedonism of '60s and multi-channel explosion of the present.

That the *Radio Times* has survived at all is a near miracle. We can watch what we want when we want to the point that listings appear fuddy-

duddy. Meanwhile, print publications in any form are an endangered species in themselves, regardless of content. Yet the RT sells a million a week and is as much a part of Christmas as the acts who appear on the covers.

Cover Story: Radio Times At 90 shows covers through the ages and picks out some defining themes that bury deep into our social fabric.

It hijacks *Dr Who*, itself celebrating an anniversary, and makes the point that the time traveller and his foes have been cover stars more times than the Queen. There's even a Dalek.

Giles Broadbent

Until Nov 3, FREE, museumoflondon.org.uk.



Planetman wants to build on the success of similar celebrations during the

I'm recreating global vibe we found in 2012

MUSIC Kay Lockett talks to Planetman

Planetman is a musician who wants to unite the world with music. He is bringing a global music festival to Wilton's Music Hall, a historical venue that he feels is fitting and in east London "the place where it's all at".

The singer and guitarist wants to share his love of music across the world and founded the four-day Global Beats Festival, which will bring international artists to the stage from August 14-17.

Planetman said: "I was invited by Wilton's during the Olympics to come and put on an event. We brainstormed and every day we brought a different artist from a different country to perform, representing a huge array of cultures. And I wanted to throw a big party."

"We did it again in January and both sold out so we decided to take it to the next stage and do a bigger and better event with a festival vibe."

"I've got artists from Texas, Japan, Portugal, Venezuela, Africa and the UK – musicians representing all

continents. Musicians include Rodney Branigan who plays two guitars at once or both guitar and piano simultaneously, Kasai Masai brings the traditional sound of the most remote equatorial villages with an urban twist and DJs include Kochi Japan who plays a smooth mix of soul, jazz, funk and reggae.

"I see London as a world hub for music."

Born in Israel, Planetman started to perform at the age of five, and now has an independent record label and recording studio. He performs with his Nu-World Reggae band The Internationalz all over the world.

Planetman has big visions – he wants to establish a higher identity, a planetary one. He said: "I'm a Planetman, a man of this planet, and all people are my people, and everywhere is my home land."

"I hope my music represents a new dawn for humanity. These are new realisations about how we as humans can come together to make the planet a better place for our children."



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The *Radio Times* from its early days through to the '60s

KAY LOCKETT



Olympic Games last year

LINE-UP

AUGUST 14

Seddik Zebiri & The Seeds Of Creation (Algeria)

Kadialy Kouyate (Senegal)

Rodney Branigan (USA)

DJ CousCous (Armenia)

AUGUST 15

Hernando Arias & Su Conjunto

Vallenato (Colombia)

Luzmira Zerpa (Venezuela)

Antonio Testa (Italy)

DJ Wala Danga (Zimbabwe)

AUGUST 16

Abdul Tee-Jay's Rokoto (Sierra Leone)

Kasai Masai (Congo)

The Turbans (UK/Turkey/Bulgaria/

Greece)

Kabula (Brazil)

DJ Koichi Sakai (Japan)

AUGUST 17

Dele Sosimi Afrobeat Orchestra

(Nigeria)

Planetman & The Internationalz

(Yemen/Israel/Jamaica)

Baajo Acrobats (Ghana)

Catarina Moreno (Portugal)

Future Swing Stories (New Zealand)

Wilton's Music Hall, 1 Grace's Alley, E1 8JB, from £8.

The musician is excited to be able to host his festival at the oldest standing music hall and working with a team who are passionate about saving the historic venue.

He said: "Wilton's is an amazing place – and the staff here are visionaries and have supported my ideas. I hope that people can continue to support Wilton's and help it continue to survive."

"We want to promote love among all people and celebrate what it is to be human. All the acts are headliners and there will be a lot of dancing too." Go to wiltons.org.uk.

MUSIC



The Civil Wars

The Civil Wars

★★★★☆

When Nashville country duo The Civil Wars cancelled their tour in 2012 due to "internal discord", it seemed their promising career had stalled.

This self-titled second album cannot escape the ominous sense of disaster including foot-stomping opener *The One That Got Away*, a bitter rail against a failing relationship.

It is a glorious mix of blues, country and folk, and hopefully it will not be their last. **NB**

DVD



Trance

(15) 97mins

★★★★☆

Art auctioneer Simon (James McAvoy) clears his arrears by helping criminal Franck (Vincent Cassel) to steal a painting.

The heist goes as planned until Franck knocks Simon unconscious. The painting goes missing and its location is buried deep within Simon's memory. So Franck enlists the services of sexy hypnotherapist Elizabeth (Rosario Dawson) to tease out the location of the stolen canvas.

Filed on location in London, *Trance* is a tricky psychological thriller, directed by Danny Boyle, but it is not as smart as it wants to be. **DS**

BOOK



Broken Homes

Ben Aaronovitch (Gollancz)

★★★★☆

DC Peter Grant is a typical London cop – except he's the Met's first apprentice wizard in decades. He's responsible for keeping an eye on London's supernatural side in this, the fourth in the series.

Much of the book's success comes from Aaronovitch's meticulous handling of tone; these are police procedurals which pay attention to real policing, not some Luther-style pantomime, and the demands of bureaucracy are a perfect counterpoint for the uncanny elements. **AS**

The West gets a little wilder with Johnny and co set loose

SCREEN

The Lone Ranger

(12A) 149mins

For a reason that can only be explained by the entropy of the human soul and the narrowing of youthful eyes to cynical slits, many critics have given this the rollicking roller-coaster of a film lukewarm reviews.

Some have tut-tutted at the sacrilege of deploying John Ford country as backdrop to a mere comedy adventure. Others wonder if this is not another failed attempt to re-imagine the Western for a modern crowd. Others suggest there is nothing here but vacuous, bloated fun.

Pah, I say. And pah again.

Ignore them as you would ignore the swimming pool entreaties – no bombing, no diving, no running.

Ignore the killjoys. Bomb, dive, run. Immerse yourself in this theme park Western bookended by two of the most audacious runaway train sequences ever stuck on screen.

Those who promulgate such dour put-downs are not the boy who wanders into a fair in San Francisco in 1933 and finds a diorama and an Indian entitled *The Noble Savage*.

For this is a story told by a wrinkly, enigmatic Tonto to a lad in pristine Lone Ranger garb, brimful of questions about his hero's history.

This is an origins story and there is iconography bingo to play as Dan Reid (Armie Hammer) checks off a list including a mask, a white horse, a white hat, a silver bullet, a cause and, of course, a sidekick.

If this is *Pirates of the Caribbean Go West*, then Johnny Depp imagines the louché limbed Tonto as the younger, wiser brother of Jack Sparrow – quieter, more wounded and ruminative but, like Jack, with an agenda that often runs at cross purposes to the main narrative.

SCREEN

Alan Partridge: Alpha Papa

(15) 90mins



A-ha! It's finally here – and it's textbook Partridge. When a fellow DJ takes news of his sacking badly he takes hostages – and the conduit with the authorities is the Norwich chatty man himself.

All the classic gags are there, amid the subtle satire of the action heist genre.

And it's packed with surprises to keep fans delighted.

★★★★☆



Johnny Depp as Tonto and Armie Hammer as the Lone Ranger

Unlike Jack's hedonistic quests, Tonto is out for revenge and there are dark streaks that slice through the film like a vengeful axe.

The story is carried by the lawyer John Reid who sees his brother killed by gnarled Butch Cavendish (William Fichtner) and his faith in the law destroyed by the forces of capitalism embodied by Tom Wilkinson's ruthless railway pioneer Cole.

To find silver (no, not the horse) the invidious white man must stir trouble with the Comanche and have it visited back upon him.

Meanwhile, the double act (should that be triple with that darned cunning quadruped) comes together with quips, flashbacks, scrapes and the occasional lesson in heartless colonialism.

Producer Jerry Bruckheimer

SCREEN

Percy Jackson 2

(PG) 106mins



Demi-gods embark on a perilous quest to locate the Golden Fleece in *Sea Of Monsters*, the action-packed sequel to the 2010 adventure.

Thor Freudenthal may have taken over as director but this second chapter doesn't stray too far from the template of the original, re-imagining Greek mythology through the eyes of gung-ho teenage protagonists.

★★★★☆

and director Gore Verbinski are old hands at choreographing this sprawl into a visual feast.

They even manage to rival Monument Valley with bucks-on-screen set dressing, including the baroque warehouse Red's where Helena Bonham Carter keeps an explosive secret under her skirts.

The film shies away from blind adoration and neatly undercuts the schmaltz but when the *William Tell Overture* kicks in, there are numerous shivers down many creaky spines.

Hi ho Silver away indeed.

Giles Broadbent

Our verdict

Old school summer adventure – with stunning set pieces

★★★★☆

SCREEN

Grown Ups 2

(12A) 102mins



This feeble and indulgent sequel to the feeble and indulgent original reunites director Dennis Dugan with his ensemble cast for another exploration of the emotional bonds that tie parents to their children.

A reunion for the buddies turns sour when a group of bullying high school kids takes over their favourite swimming spot, triggering spiralling rivalries.

★☆☆☆☆

Fashion



Stylist Ellie Baker, 24, smiles before attending to our reporter's blow dry at Hair E14

Get your head around change from £20 note

REVIEW Blow dry

Hair E14

On humid summer's day, I'd pity any stylist preparing to tackle my messy blonde mop.

After a recent holiday followed up with weekends spent at sunny festivals, my lengthy, layered style had been screaming out for moisture and TLC.

And, with the prospect of getting £2 change back from my £20 note for a blow dry at Hair E14, I was a little sceptical.

W How did you decide on a do?

"Stylist Ellie Baker, 24, talked me through the top three blow styles favoured by her customers and I plumped for the most popular at Hair E14 – the straight look."

Beth Allcock

But taking the 10-minute trip from the Wharf to Island Gardens proved both finance and fashion savvy.

The salon was decked out in Kerastase products – which made me

feel immediately at home – and it was swish, modern and clean.

Stylist Ellie Baker, 24, talked me through the top three blow dry styles favoured by her customers and I plumped for the most popular – the straight look.

While I relaxed with my head laid back in the sink, I was also treated to a Kerastase shot – an intensely moisturising product pumped through the hair, said to last for five washes.

Currently on offer at £9.95, it's well worth it. It ensured my style – which

only took about 30 minutes to create – remained sleek and frizz free and I'm still reaping the rewards a couple of weeks later.

Viewing my finished look in the salon mirrors I was impressed to see my layers looked more defined, my natural colour was brighter and my hair had discovered some volume.

Whether you're a hardened blow dry fan or just reserve the treatment for a special occasion, it's well worth chopping and changing your routine for a trip to Hair E14.

Price £18, plus Kerastase at £9.95.

Beth Allcock

Hair E14, 163 Manchester Rd London E14 3DR, 020 7515 6677.

Our verdict

Keep your wallet happy without scrimping on quality

★★★★☆

THE MANAGER'S OFFER



Matt Wooton wants Wharfers to come down to his Isle of Dogs salon

We will give you 10% off when you pay us a visit

Beth Allcock

@wharf.co.uk

A SALON owner on the Isle of Dogs is challenging Wharfers to change their style.

Matt Wooton has been at the helm of Hair E14 for the past eight years and, while he's not suggesting Wharf workers opt for a dramatic new hair-do, he is hoping quality and service will draw them away from the estate to his Island Gardens base.

The 42-year-old said: "We tend to find a lot of people who work on the Wharf will pop in as they leave work."

"They say 'blimey I pay £45 for a hair cut and you're less than half the price'. Unlike other salons, our girls get paid excellently while our prices are very good."

"We have got great stylists and the work is fantastic at sensible prices."

And, at the Manchester Road hairdressers, which boasts a mixed clientele of Wharfers, City workers and locals, Matt said there was no compromise on quality.

Stylists use L'Oreal colours and Kerastase products as well as stocking the Tigi range and GHD straighteners.

And for those working long hours, its doors are open until 8pm every weekday.

"I'm very particular and strict," he said. "We have to work very hard because our prices are very good. I suppose it's our level of work and standard of work but at sensible prices."

■ Hair E14 is offering a range of discounts worth 50 and 25 per cent off during August.

READER OFFER

There is also an extra 10 per cent reduction if clients mention *The Wharf* when booking. Call 020 7515 6677 for details.

GET THE YOU HUE

COLOUR

Champion colourist tells us why hitting that shade can be deeply emotional

Kay Lockett

@wharf.co.uk

Changing your hair colour can make you feel very different and can give you a different outlook on life – it can be an emotional experience," said 24-year-old Toni&Guy technician Anna-Maria Hynes at the firm's Canary Wharf salon as she applies bleach to my neglected roots.

"If my clients don't leave the salon smiling and feeling good about themselves then I'm not doing my job properly."

The L'Oreal Young Colourist winner 2013, beat entrants from more than 1,000 salons to claim victory at the recent awards.

Anna was briefed to create an overall model look that flawlessly merged a well-executed haircut and inspirational hair colour, alongside editorial clothes with styling that reflected awareness of key trends from the autumn/winter runway collections.

The accolade has given the young hairdresser great exposure and a boost to her career.

She said: "My career means a lot to me. Winning the trophy helps get my name out there and opens up oppor-

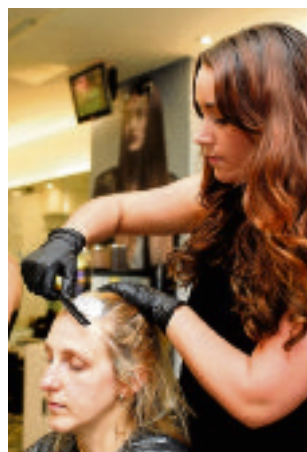


Hair E14 offers discounts plus an extra 10 per cent for Wharf readers



KAY LOCKETT

Anna-Maria, below, says the mid-dye will be the big look for hairstyles in autumn



Anna-Maria gets to grips with a client's roots at Toni&Guy

tunities. I'm on the right path towards where I want to be."

Anna-Maria says a good colourist needs imagination, understanding and the ability to be realistic about what is achievable.

In my case she explains my natural light brown hair will always have a warm tone to it when dying it lighter – something I have attempted to fight many times with various home kits in numerous failed attempts at turning myself into a blonde bombshell.

She suggests I'm never going to be able to replicate Gwyneth Paltrow's icy blonde hue, and we discuss warmer toned blonde alternatives.

Anna-Maria said: "You have to be visually aware of training your eye to what suits people, you can tell a lot about a client's personality from their

clothes and colours they wear. I will also always discuss lifestyle and how much time the person has to spend on their hair at home.

"It's all about building a reputation. I have a responsibility to explain and inform my clients about how to manage their colour. Good solid training and product knowledge helps too."

As well as technical ability Anna-Maria says much of her job is about listening to clients' needs and building a regular client base.

She said: "I have to work hard to build good relationships, Wharfers are so busy, but once you have proved yourself, clients start asking for you and keep coming back."

"The dip-dye look is still popular but I also do a lot of classical work like highlights for those who need to look a bit smarter."

"The mid-dye is going to be big this year, similar to the dip-dye but rather than colouring the ends of your hair the mid section is dyed. Pastel pinks and greens and candy floss colours will continue to be on trend."

I walk out of the salon feeling like a new woman. Grown out dark roots have disappeared and a refreshed brighter blonde gives me more confidence.

I head out for drinks swishing my new lighter locks. Now I just need to work on a Gwyneth-style physique, book deal and rock star husband.

Toni&GuyCanaryWharf, OneCanada Square. Prices vary. For appointments book online at toniandguy.com or call 020 7987 6222.

You must pop in to the salon for a skin allergy test 48 hours before a technical appointment.



TIPS

Anna-Maria's tips for home hair care.

- There is no point spending time and money on colouring your hair if you are not looking after it.
- Caring for your colour is important – using a good quality shampoo and conditioner is paramount.
- Salon products can be compared to freshly squeezed orange juice, they are more potent and intensive with better quality ingredients. They may be more expensive to buy but you

use less. Cheap supermarket brands are more like a Capri Sun.

- If using heated styling tools like straighteners or tongs, always use a heat protector spray or cream.
- In the summer use products with UV protection to protect your hair from the sun, just the same as you would for your skin.
- Wet your hair and run conditioner through it before swimming to protect from drying and chlorine.

HAIR WEAR

Get your do right on trend

EVENING OUT



Pearl encrusted alic band, £4
Primark, Westfield Stratford City
primark.co.uk

OFFICE GLAM



Flower garland, £6
Accessorize, Canada Place Mall
accessorize.com

SUMMER WEDDING



Rose garden headpiece, £88
glitzyssecrets.com



Fascinator, £59
Phase Eight
phase-eight.co.uk

Health

WHAT IS IT?

A low-impact, high-cardio hula hooping routine that aims to re-introduce play into physical fitness with new forms of movement that are fresh and expressive.

WHO IS IT FOR?

Wharfers who want to inject some fun into their workout routines. You get a total body workout while you smile and hoop away the stress of your day. You can hoop in any open space or in the comfort of your own home. DVDs and online videos are available to teach you different tricks and techniques.

FITNESS BENEFITS

Hoopng is a complete core workout – important for killer abs. Used regularly the hoop can help to whittle your waist and strengthen your stomach muscles while blasting fat in these often problematic areas. According to the American Council on Exercise you can burn more than 400 calories per hour.

THEY SAY

“To maximize your calorie burn while hooping and get into the 450+ calorie-per-hour bracket we recommend you get comfortable hooping on other areas of your body aside from your waist such as your hips, thighs and chest.

WE SAY

“Hooping at Wood Wharf was a great escape from the office and transported me back to the school playground. I felt embarrassed at first and it was harder than I remembered but it was fun and I broke a sweat in 20 minutes.

DETAILS

Head to hoopnotica.com where you can order hoops that glow in the dark or ones in bright colours to match your gym kit. Travel hoops that come in segments are also available and you will find instructional DVDs and hoop gear. A wide range of hoops is on offer. Prices start at £21.

Kay Lockett



Kay Lockett tries out Hoopnotica at Wood Wharf. The hoops she's using folds down for easy transportation



BEN BROMFIELD

EXERCISE CRAZE HOOPNOTICA

SLIMMING

BY CAROLINE WATERSTON



WEIGHT LOSS DIARY

I'm happy to announce I've managed to polish off the holiday pounds. Today I weigh five pounds less than I did a fortnight ago – half a pound less than the week before I went to Greece. Result. Laura, my Weight Watchers leader, is delighted and I'm relieved, given the amount of Wharf working lunches I've had this week. I did have to work extra hard in the gym and cut back on the carbs. But it goes to show if you put your mind to something, it can be done.

■ Start: 14st 4½lbs
■ Now: 12st 11½lbs
■ Goal: 10st 7lbs (or as near as)

SNACK STOP



■ If, like me, you love a sweet treat in the afternoon, fear not. Weight Watchers produces its own chocolate bars. My favourite is the Chocolate Dream Fudge (Two ProPoints, £1.95 at WW classes). Other WW snacks are available at Waitrose.

EATING OUT

■ Weight Watchers' *Eating Out Guide* is my bible. It gives the ProPoints values of a wide range of food from most mainstream restaurants and sandwich shops like Pizza Express (Pollo ad Astra Leggera Pizza, 14PP, pictured), Cafe Rouge (Soupe a l'Oignon, 9PP) and Pret a Manger (Simple Tuna Salad, 4PP). Next time I hope to give you PP values from Canary Wharf restaurants not included in the book.



DETAILS

■ Caroline attends Weight Watchers at Reebok Sports Club, Canary Wharf. Classes run on Weds and Thurs from 7.30am-1pm. For information about meetings and ProPoints go to weightwatchers.co.uk.

TOP tips



■ **After work drinks:** Make sure you don't go out on an empty stomach. High calorie, high fat bar snacks will seem irresistible after a couple of glasses of wine.



FITNESS WITH LAURA WILLIAMS

Get the look: Jennifer Anniston

The 44-year-old actress had to embark on the obligatory draconian Hollywood plan for her latest role as a stripper.

How she does it: Yoga and a strict, strict diet enabled Jennifer Anniston to feel confident enough to shed her clothes for, *We're The Millers*.

She said: "I was on a greens and vegetables and lean proteins and kale diet. When I really wanted to have a cheat day, I had to have a kale chip."

Do it for yourself: It's a sad day when a cheat day involves anything with the word kale in the title.

However, a cheat day (implying that the remaining six days of the week involve some level of abstinence) is a great idea and a proven way of making healthy eating

sustainable. But if you go overboard you're also cheating yourself out of the results of your six days of hard work. So what are the rules?

Firstly, forget the idea that a cheat day is a free for all. Think of it as a cheat meal if you don't want to end up gaining weight.

Don't try and satisfy every food weakness in one day. Plan to splash out on hot buttered toast at breakfast and a couple of extra roast potatoes at lunch, and then leave it there. You don't need to then go down the pudding, chocolate and cream cake route.

Don't have a cheat day every week regardless – set some rules around it, such as it being dependent on you having exercised a certain number of times.



GETTY

Q&A

My gym instructor says it's impossible to turn fat to muscle – is she right?

Fat and muscle are two different types of body tissue so you can't turn one into the other.

What tends to happen is that exercise helps to build muscle tissue and also helps to shed fat, which is why it's easy to think you're exchanging one for the other.

In the same way, when you stop exercising and don't adjust calorie intake accordingly, you'll gain fat and lose muscle. By including both aerobic exercise and resistance training you'll maximise your chances of shedding fat.

Food

MORE
REVIEWS
ONLINE
wharf.co.uk

TASTING NOTES

Food and drink round-up

BRIGADE

Get breakfast on the way to work

★ Satisfy those commuter cravings and make a morning snack stop at Brigade Bar and Bistro.

The Tooley Street restaurant, near London Bridge station, has launched its new breakfast menu.

Centred on providing catering apprenticeships, the venue's trainees will bake breads including olive tapenade, soft honey and fennel buns and mini treacle baguettes daily.

Porridge, eggs benedict and a selection of pastries, muffins and croissants are also available from 8.30am.

Rebranding

★ Looking for a beer with something extra for your barbecue? Vedett Extra Blonde has tweaked its branding, tastes fresh and hoppy and is worth a punt at £1.99. Look out for limited edition labels promoting this versatile Belgian blonde. Available at Waitrose and Tesco or online.



MARKETS

Monthly dates for food diaries

★ Newham's diverse culinary scene is being showcased in a series of monthly markets.

Dishes originating from the Caribbean, Korea, China, Spain, America and the Middle East will feature at the Eat 15 Street Food Festival in the courtyard of Stratford's Old Town Hall.

The event runs from noon until 6pm on the first Saturday of the month, until December 7.

THE PEARSON ROOM

Reduced hours for gym's venue

★ One of the newest venues on the Wharf's restaurant scene will be reducing its hours this month.

The Pearson Room at Reebok Sports Club will close on Saturdays in August and the beginning of September. General manager Johnny Gonzales said the changes were part of a holiday period before new Saturday events were unveiled.

Popular pub provides an excellent post park pint

It might look like your lounge but you may have to put up with sharing it

REVIEW

The Crown

Victoria Park

Hell is other people. The Crown has made a decent stab at Front Room Interior. Like many pubs that ape lounge style the intention is to excite a feeling of instant comfort in the visitor.

From luxurious soft furnishings to tastefully patterned wallpapers and shelves crammed with artfully selected knick-knacks, it's all an exercise in seduction. "I wouldn't mind living in a room like this," think those swayed by its overtures.

But unlike my quiet, less stylishly appointed lounge, this one's packed with new East Endites. About 70 per cent young families with babies in tow and 30 per cent 20-somethings who haven't the cash for Clapham or Highbury. Packed, on a Monday too.

Despite the knowing touches and irritating slogans on the walls that make my companion suspect he'll find a Keep Calm And Carry On Urinating sign in the Kings (not Gents), I warm to the place.

As fierce rain beats down on Victoria Park across the road, it's a decent place to sit. Even the babies behave for the duration and the beer's good.

Service is swift (supplied by sensible



Above, a toothless almond-encrusted goats cheese salad and left, a deliciously fresh quiche



Scarlet) and while my goats cheese salad lacks bite, my friend's pea and asparagus quiche is as fresh as the smell of the downpour outside.

Then a loud man, this being a Monday, begins the regular pub quiz. There's no escaping his powerful Northern tones so, even though we're

not participating, he treats us if we are, pausing to chat.

He's not disagreeable in the role but not exactly an enhancement to delicate dining.

Which is fine as my friend's lamb is a cut of two halves, one well cooked and supple, the other distinctly overdone.

My chicken is supreme in combination with a glass of The Infamous Goose sauvignon blanc, though and after a pair of tarts refresh we beat a hasty retreat, the quiz master's voice haranguing his audience over the use of mobiles.

It's a fair jaunt from the Wharf, but worth it. Besides, you'll take in the beauty of Victoria Park on the way. Avoid Mondays or bring earplugs.

Jon Massey

The Crown, 223 Grove Road, Bow, London, E3 5SN, 020 8880 7261, geronimo-inns.co.uk/thecrown.

Our verdict

The Crown's a decent, family friendly boozer on the park

★★★☆☆



COOK WITH THE GUN'S QUINTON BENNETT

Great grill: Barbecued aromatic sea bass with sea spinach

This is a great dish to have up your sleeve for the summer. It's fresh, bursting with flavour and the seasoning can be used as a base for any other fish or even chicken. Serves 4

Ingredients

4 200g sea bass fillets, scaled and pin-boned by your fishmonger
40g sea spinach (from Billingsgate Market or your local fishmonger)
8 baby marrows (halved)
2 red chillies (sliced)
8 new potatoes (pre boiled and sliced)
8 spring onions (washed)
4 cloves garlic (cracked)
4 sprigs of thyme

1 fennel bulb (halved and thinly sliced)
80ml olive oil
40g butter (cubed)
8 star anise
1 fish stock cube
Salt and pepper
Tin foil

Method

Wash the vegetables, slice them up and set them aside.

Mix the stock cube with olive oil to create a paste, and rub on the flesh side of the sea bass.

Take a good quality tin foil, and tear off four large sheets. Lay them flat on a work surface.

Season the foil with a drizzle of



olive oil and sprinkling salt in the centre.

Begin to place equal amounts of your vegetables onto the sheets of foil. Finish by adding the fish, cubed butter, garlic, thyme and star anise.

Add some final seasoning over the top with salt and black pepper and an extra drizzle of olive oil.

Wrap the foil up to create four sealed parcels. Place on your barbecue grill and leave to cook for 18 minutes, or in a pre-heated oven at 180C for 15 minutes if it rains.

Open the parcels in front of your guests and enjoy the beautiful aromas as the steam escapes, then devour ravenously.

Quinton Bennett is head chef at The Gun, 27 Coldharbour, Docklands, E14, thegundocklands.com

WLTm...

Kick-start your love life with
The Wharf's own dating service

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
By Phone

call
0844 887 4091
(You will get charged your standard network rate)

If you have a **photo** you're 6 times more likely to get responses! Simply text your solo picture along with your 6 digit mail-box number (space) 4 digit pin number under your photo, to 0779 366 6363. Or send by email to: support@jmediauk.co.uk with your Mailbox & pin number.

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
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Guys Text n' Chat. Text in now and chat to local people.
Send : **CHATUP018** To : 60109
(T&C's below)

GINA attractive, slim, likes music, GSOH, seeks nice gent, under 60 for LTR. Tel No: 0906 500 3729 Box No: 233636

PAT widow, seeking male for friendship, likes cinema, theatre, socialising with a GSOH. Tel No: 0906 500 3729 Box No: 406565

JULIE newly single and ready to start again with honest, trustworthy, life loving, happy male who just wants to find someone special to fall in love with. Tel No: 0906 500 3729 Box No: 406887

CLARE easygoing 34yr old professional, OHAC, financially independent, enjoys holidays, nights in/out, WLTm male for time of liaisons without ties. Tel No: 0906 500 3729 Box No: 406831

PAULINE, passionate, intelligent, discreet married lady seeks discreet special man of any age, call for more info. Tel No: 0905 002 1952 Box 339087

PAT widow, seeking male for friendship, likes cinema, theatre, socialising with a GSOH. Tel No: 0906 500 3729 Box No: 406565

WHITE female, 55, brown hair/eyes, N/S, likes meals out, nights in, walks, travel, pubs, cinema, music, seeks white male, 50-58 for friendship/relationship. Tel No: 0906 500 3729 Box No: 406753

JULIE attractive slim petite female with nice smile and pretty blue/green eyes, many interests, WLTm nice sincere gent with GSOH to enjoy life with. Tel No: 0906 500 3729 Box No: 406703

TRISH shy divorced attractive female, slim, petite, genuine, caring, enjoys holidays, countryside etc, seeking similar nice male to hopefully fall in love with. Tel No: 0906 500 3729 Box No: 406697

QUIET honest, loving 51yr old female, medium build black Caribbean, seeks male, 49-60, honest, loving for companionship, maybe LTR. Tel No: 0906 500 3729 Box No: 404931

BEAUTIFUL olive skinned sensual lady, adventurous, with some naughty ways, discreet and seeks same. Age/looks/nationality unimportant but must be adventurous. Tel No: 0905 002 1953 Box 345725

DEBORAH slim attractive female 35yrs looking for older child friendly male to get to know, spend time with, enjoy take away, nights in/out and more. Tel No: 0906 500 3729 Box No: 406515

MICHELLE petite slim red-haired 37yr old social butterfly, loves countryside, horses, having fun, seeks loving guy with GSOH for fun times in and out. Tel No: 0906 500 3729 Box No: 406503

KAY sporty outdoorsy female who loves animals, walking and keeping fit, seeks non serious fun, kind, caring male who can show me a good time. Tel No: 0906 500 3729 Box No: 406377

ELAINE very attractive lady with great personality and very interests looking to live life to the full with similar mature flexible friend. Tel No: 0906 500 3729 Box No: 405289

BEV very attractive female who loves cosy night in, travel, cooking seeks caring warm hearted man who can put the spark back into my life. Tel No: 0906 500 3729 Box No: 406093

JULIE 5ft 8ins, 48, cuddly, seeks male with similar interests. Tel No: 0906 500 3729 Box No: 397533

PICK AN ADVERT AND MAKE A DATE TODAY!

SCARLET 30yr old sexy spontaneous and looking for discreet fun times with similar broadminded male. Like what you see, call me. Tel No: 0906 500 3729 Box No: 405251

HONEST sincere caring lady, 40's, looking for over 40yrs N/S romantic honest sincere gentleman with GOSH for friendship, possible LTR. Tel No: 0906 500 3729 Box No: 371809

JULIE blonde petite nurse loves holidaying, socialising, horses, WLTm happy man who fancies taking a chance on me, I promise you'll be glad you did. Tel No: 0906 500 3729 Box No: 405819

EILEEN blonde blue eyed attractive size 10-12, tanned, loves to get dressed up but nowhere to go, looking for similar lonely genuine male to take me out. Tel No: 0906 500 3729 Box No: 406371



DIVORCED female, 66, blue eyes, 5ft 4ins, medium build, blonde hair, seeks male, 66-75 for friendship/companionship, maybe more. Tel No: 0906 500 3729 Box No: 406059

WIDOWED lady 68, 5ft 4ins, average build, fair hair, WLTm man, 60-70 for friendship. Southend on Sea. Tel No: 0906 500 3729 Box No: 369289

PROFESSIONAL black woman, seeks educated, professional, white male, 45-60, 6ft plus for LTR. Tel No: 0906 500 3729 Box No: 406069

ATTRACTIVE young looking widow, 65, likes most things, seeks nice gent 60-70 for friendship and more. Tel No: 0906 500 3729 Box No: 406133

CAROLE fair hair, blue eyes, 5ft 7ins, likes countryside, beach, walks, cooking, pubs, socialising, seeks sincere, kind male for friendship, maybe more. Tel No: 0906 500 3729 Box No: 369949

18YR old female looking for fun times only. Any age. Tel No: 0906 500 3729 Box No: 403993

JEWISH widow, N/S, non-drinker, likes animals, seeking genuine Jewish gent, 66-70. Tel No: 0906 500 3729 Box No: 403503

WIDOW 58, tall, slim, blonde, smoker, likes sun, sea and sangria, ready to move on. Tel No: 0906 500 3729 Box No: 402853

VOLUPTUOUS young at heart female, 60, 5ft 6ins, dark auburn hair, hazel eyes, N/S, likes music, travel, socialising, meals out, seeks tall, young at heart, genuine, caring male up to 64 with GSOH. Tel No: 0906 500 3729 Box No: 403167

BLONDE tanned female, trendy, 46, GSOH, likes walks, pubs, nights in, seeks male. Tel No: 0906 500 3729 Box No: 384852

MARIE 53, young looking, likes music, singing, dancing, seeks sincere gent, 45-60 for possible LTR. Tel No: 0906 500 3729 Box No: 394538

WIDOW 70, honest, sincere, caring, likes music, caravans, gardening, walks, days out, seeks male. Southend. Tel No: 0906 500 3729 Box No: 405999

JULIA 45, many interests, looking for friendship, maybe more. Tel No: 0906 500 3729 Box No: 405777

GENUINE professional black female, 40yrs, 5ft 7ins, size 12, seeks educated, professional, affectionate well spoken white male 35-50yrs. Tel No: 0906 500 3729 Box No: 389699

STELLA strict, mature lady, seeks gent for mutually rewarding times. Tel No: 0906 500 3729 Box No: 405571

RARE that's me, 48, honest, caring, respectful, caring N/S lady, blonde, attractive, size 16-18, seeks true, romantic gent for friendship, maybe more. Tel No: 0906 500 3729 Box No: 403325

ATTRACTIVE blonde, bubbly, curvy lady, 40's, looking for true, N/S gent with GSOH, family type for LTR. Tel No: 0906 500 3729 Box No: 405661

60'S lady, smart, seeking company of pleasant male, 65-73. Tel No: 0906 500 3729 Box No: 405535

CARING lady, likes music, cinema, walks, seeks caring black male for friendship/relationship. Tel No: 0906 500 3729 Box No: 405389

THIS is cat kitty cat, kitty cat. Joanne Jo, 52yrs old wanting to date no lower than 30, no older than 47 for genuine dating and socialising. Enfield. Tel No: 0906 500 3729 Box No: 405299

YOUNG looking Essex lady, 60's, likes meals out, country pubs, boat sales, most things, seeking someone nice, 64-70, genuine for friendship, maybe more. Tel No: 0906 500 3729 Box No: 404811

FEMALE likes cinema, meals out, walks, seeking black male for friendship relationship. Tel No: 0906 500 3729 Box No: 404473

ROSEMARY 48yrs, white, brown hair/eyes, 5ft 3ins, seeking understanding, caring, romantic, genuine N/S male 49-63, car owner for friendship maybe more. Tel No: 0906 500 3729 Box No: 404129

STEVE looking for N/S female 65-70 for fun, weekends away and who knows. Can travel. Tel No: 0906 500 3729 Box No: 405225

JOHN seeks bubbly, attractive female for nights in/out, cinema, walks, maybe more. Tel No: 0906 500 3729 Box No: 406583

DEREK black male, seeking female for 1-2-1 relationship, likes travel, meals out, family life. Tel No: 0906 500 3729 Box No: 406555

BRIAN 50, 5ft 9ins, medium build, attractive, seeks attractive white female, 40-50 for LTR. Tel No: 0906 500 3729 Box No: 405959

YOUNG 70's East London gent, seeks lady up to 75, any nationality up to 75 for meals out, quiet drinks, close friendship, maybe more. Tel No: 0906 500 3729 Box No: 406443

JONNY fit 49yr old, loves life, 5ft 9ins, honest, seeks slim soul mate for loving relationship. Tel No: 0906 500 3729 Box No: 391126

Men seeking women

REMEMBER: Calls cost £1.53 per minute plus network extras. Texts cost £1.50 per message sent.

Ladies Text n' Chat. Text in now and chat to local people.
Send : **CHATUP018** To : 60109
(T&C's below)

WHITE male 59, good build seeks white/Indian slim female, 25-40 for LTR. Tel No: 0906 500 3729 Box No: 406961

SAMMY passionate, smart, intelligent, discreet man seeks lovely lady for fun and friendship. Tel No: 0906 500 3729 Box No: 406865

HENRY likes sports, clubs, socialising, smoker, occasional drinker, seeks female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 406741

CARING genuine male, young 66, slim-medium build, brown hair, likes most things, seeks similar lady for friendship/relationship. Tel No: 0906 500 3729 Box No: 406661

YOUNG 54yr old biker, tall, slim, tattoos, easygoing, honest, likes sunny rides out, music, cinema, seeks lady, 40-50 with similar interests for rides out and more. Tel No: 0906 500 3729 Box No: 406783

ATTRACTIVE blond blue eyed male 47, genuine, fun loving HIV positive, OHAC, GSOH, seeks genuine fun loving black/Asian or oriental female. Tel No: 0906 500 3729 Box No: 405185

ROMANTIC passionate guy 45, honest, friendly, likes dining, wine, travel, weekends away, pampering/spoiling, seeks lady to share good times. Tel No: 0906 500 3729 Box No: 383423

JOHN 6ft 1ins, brown hair, blue eyes, looking for attractive lady 30-50yrs for romantic evenings. Tel No: 0906 500 3729 Box No: 406393

BUSINESSMAN late 40's, seeks younger partner, 25-35, N/S for relationship. Tel No: 0906 500 3729 Box No: 388199

MIKE 49, 5ft 10ins, easygoing, likes pubs, coast, cinema, seeks similar sincere female for friendship, maybe more. Tel No: 0906 500 3729 Box No: 395497

STEVE looking for N/S female 65-70 for fun, weekends away and who knows. Can travel. Tel No: 0906 500 3729 Box No: 405225

JOHN seeks bubbly, attractive female for nights in/out, cinema, walks, maybe more. Tel No: 0906 500 3729 Box No: 406583

DEREK black male, seeking female for 1-2-1 relationship, likes travel, meals out, family life. Tel No: 0906 500 3729 Box No: 406555

BRIAN 50, 5ft 9ins, medium build, attractive, seeks attractive white female, 40-50 for LTR. Tel No: 0906 500 3729 Box No: 405959

YOUNG 70's East London gent, seeks lady up to 75, any nationality up to 75 for meals out, quiet drinks, close friendship, maybe more. Tel No: 0906 500 3729 Box No: 406443

JONNY fit 49yr old, loves life, 5ft 9ins, honest, seeks slim soul mate for loving relationship. Tel No: 0906 500 3729 Box No: 391126

TALL handsome, professional male, seeks down to earth, attractive lady for tender, loving, caring, discreet relationship. Tel No: 0906 500 3729 Box No: 393441

JOHN fit, loving 51, loves life, honest, sincere, seeks slim-medium build lady for loving times. Tel No: 0906 500 3729 Box No: 405969

MALE 66, looking for soul mate, seeking lady, 55-70, meals in/out, romantic drives, friendship, maybe more. Tel No: 0906 500 3729 Box No: 406253

TED 61, 5ft 7ins, stocky, divorced, smoker, likes walks, dancing, meals out, seeks slim female of any age for LTR. Tel No: 0906 500 3729 Box No: 406233

GENUINE male, seeks genuine lady, 40-50 to enjoy life with. Tel No: 0906 500 3729 Box No: 392034

ATTRACTIVE white male 39, good build, seeks black slim female 25-40 of LTR. Tel No: 0906 500 3729 Box No: 405133

SEEKING my dream girl. 50 plus female, N/S, petite/medium build/buxom, freckled natural red/auburn haired beauty for fun and games with Chris 5ft 7ins, medium build, N/S male. Tel No: 0906 500 3729 Box No: 392592



IS anybody out there? Open minded Mulder type male, N/S, 51, seeks close encounters with N/S female Mulder, 50 plus for watch the skies, meals in out etc. Truth is out there and I want to believe. Tel No: 0906 500 3729 Box No: 405589

WHITE male, 55, likes meals out, cinema, travel, seeks sincere, kind, loving, black lady, 35-70 for friendship, maybe marriage. Tel No: 0906 500 3729 Box No: 399589

STEVEN 52, black hair, brown eyes, 6ft, seeking outgoing female, 35-55 for friendship, possible LTR. Tel No: 0906 500 3729 Box No: 405967

JEFFERY white male, 54, likes meals out, nights in, cinema, travel, seeks sincere, genuine lady for sincere 1-2-1 relationship. Tel No: 0906 500 3729 Box No: 396573

ATTRACTIVE kind, affectionate, 5ft 10ins male, 56, looking for lady for friendship, maybe more. Tel No: 0906 500 3729 Box No: 401959

BLACK male, 47, great shape, seeking fun, genuine lady for relationship. Tel No: 0906 500 3729 Box No: 405625

WHITE male 61, 5ft 9ins, genuine, N/S, WLTm attractive female for LTR. Age unimportant. Tel No: 0906 500 3729 Box No: 404165

MEDITERRANEAN male, 39, 6ft, slim, brown hair/eyes, likes night's in/out, walks, seeks female, 39-55, looks/size unimportant. Tel No: 0906 500 3729 Box No: 338413


Men seeking men

KEVIN 34, 6ft 2ins, blond hair, medium build, toned, young boyish good looks likes nights out, sports, holidays, seeks similar male, any age for adventurous fun times. Tel No: 0906 500 3729 Box No: 355984

Found Love?

Our editors would love to hear your success story, email or post it to us (a photo would be nice too!) and we will send you a gift voucher to say thanks!

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mail to: **JMedia UK Ltd, SW4 7BX**

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THE BOX NUMBER TO SHORT
CODE 63222. i.e. TEXT:
123456 to short code **63222**

Travel

WHERE TO STAY

Looking out on to Coal Harbour and the North Shore mountains, the **Fairmont Waterfront** is a haven of luxury but it's not remotely pretentious.

The newly-refurbished harbour-front rooms are beautifully equipped, spacious and offer spectacular views of the harbour and the many seaplanes which land on it. And the Herons restaurant is something else – chowder to die for. A standard room costs 279 Canadian dollars per night.

900 Canada Place Way. Go to fairmont.com/waterfront-vancouver.

EATING OUT

Anyone who wants fine dining at a fraction of the cost should head for **Bistro 101** at the entrance to Granville Market, where trainee chefs from PICA cook and serve the food with enthusiasm and flair.

Pay 26 Canadian dollars for dinner and splash out on a bottle of wine from the Okanagan Valley, the wine region of British Columbia.

The Pacific Institute of Culinary Arts, 1505 West 2nd Avenue. Go to bistro101.com.

Chambar, a cavernous Belgian restaurant with exposed brick walls, red leather seats, rustic pine and plenty of atmosphere has earned itself the reputation of the place to be.

Everyone knows it, raves over it and evidently people return. Signature mussels, served in deep pans, can be washed down with a variety of imaginative beers.

562 Beatty Street, Crosstown. Go to chambar.com.

WHAT TO DO

Take a trip down memory lane in **Gastown** with British guide Will Woods, who dresses in authentic costume and acts out his own sorry historical tale to set the scene of what it must have been like to live in Victorian Vancouver. Tour costs 22 Canadian dollars.

Lost Souls of Gastown Tour. Go to forbiddenvancouver.ca.

Located in the old coroner's court, the slightly hokey **Vancouver Police Museum** offers an insight into the city's crimes and crime-solving techniques over the years.

There's a chance to see the old city morgue where the autopsies were carried out, most famously on swashbuckling actor Errol Flynn, who died in Vancouver in 1959 from a heart attack, aged 50.

240 E Cordova Street. Go to vancouverpolcemuseum.ca.

DETAILS

■ For more information about Vancouver head over to **Destination British Columbia** (BritishColumbia.travel).

■ Return flights in economy with **Air Canada** from London Heathrow to Vancouver start from £694.35, including taxes. Call 0871 220 1111 or go to aircanada.com.

Hannah Stephenson



Clockwise from above, The city of Vancouver, its harbour, Burrard Bridge and a sample of the food on offer at Bistro 101



INSIDE TRACK VANCOUVER

the Wharf TRAVEL CLUB

Bargains and ideas

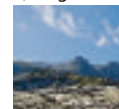
Star bargain



★ Celebrate the 10th anniversary of Malawi's Lake of Stars at a festival on September 27 and 28. From £1,429pp (two sharing) take seven nights in the country including a stay at Pumulani Luxury Beach Lodge, pictured. Go to robinpopesafaris.net.

Get wet and wild in Bulgarian lake

WATERSPORTS The activities on this holiday allow the whole family to drink in the delights of Rila National Park, Bulgaria. Everyone can get wet and wild on Lake Iskar with two days of watersports, suitable for all levels and abilities. Departing on August 25, a week costs from £1,295 per adult and £1,075 per child, including flights. Go to activitiesabroad.com.



Star bargain



★ Go on a volcanic vacation in the Azores. The island of Sao Miguel is made up of two volcanic massifs and is a land of lakes nestled in large craters. Seven nights' B&B at the Hotel Royal Garden costs from £606pp. Go to sunvil.co.uk.

See work done to help the big cats

CONSERVATION Expert Africa's seven-night Grant's Gazelle Safari takes you to Ruaha National Park in southern Tanzania, home to around 10 per cent of all the lions left in Africa. The trip costs from £2,834pp (two sharing), including flights (London), accommodation at Mdonya Old River camp and Selous Impala camp. Go to expertafrica.com.



Business^{extra}

+
**Your
Money**

NEWS IN BRIEF

Business digest

College wins cash to boost training

SMEs Newham College will be helping to boost the skills of small businesses by offering training for their workforce.

The college is one of 12 under the London Capital Colleges Group (LCC) umbrella that received £16million to fund work-based qualifications for 9,000 adults in the capital.

Staff with fewer qualifications, employed in firms with a workforce of less than 250 will be targeted as part of the Skills Support for the Workforce scheme.

Denise Brown-Sackey, principal and CEO of Newham College, said: "This funding will enable LCC to develop and deliver vital training and skills to staff across a wide range of sectors."

Investor takes a slice of Cake

MEDIA A communications company is set to open a new office in Canary Wharf after a Docklands investor pumped in money.

Private venture capital firm Audere Capital, founded by well-known Docklands investor Richard Alvin, has taken a "significant minority stake" in Cake Communications.

Richard will now be an executive director on the communication company's board.

He said: "Through my investment and board membership I aim to help grow the existing client base across the UK while retaining the independent spirit ingrained in the company."



HSBC in Canary Wharf

HSBC reports rise in profits of 10%

BANKING Wharf-based banking giant HSBC saw its profits rise 10 per cent to £9.2billion on a year earlier – but the results initially disappointed the City, which was expecting a figure nearing £9.5billion.

The bank managed to lower costs and decrease bad debts but revenues fell in the Americas.



REUTERS / GETTY

HARD TO PORT

The arm of a crane stretches over the DP World London Gateway container port in Essex. Mayor of London Boris Johnson, pictured below, paid a visit last week and heard that when London Gateway opens at the end of the year, it will be Britain's first 21st century major deep-sea container port and Europe's largest logistics park.

KPMG to bring rest of staff to Wharf in 2015

PROPERTY

Beth.Allcock
@wharf.co.uk

KPMG will relocate the remainder of its London workforce from the City to Canary Wharf's 30 North Colonnade in 2015.

About 1,100 staff – currently based at the firm's Salisbury Square offices – will join the 5,000 already working from its headquarters at 15 Canada Square when the lease on the EC4 property expires.

KPMG will occupy 200,000sq ft of 30 North Colonnade across the top eight floors of the building, which is owned by joint venture Fimalac and Hearst Corporation.

The company said the quality of its new home as well as the "collaborative advantages" of adjoining its existing offices, helped to make the decision.

With Crossrail next door, 30 North Colonnade will also boast more than 200 shops, bars and restaurants when it is fully completed in 2018.

Jim Marsh, COO at KPMG, said: "The decision to relocate our City office to 30 North Colonnade offers KPMG a

unique opportunity to accommodate all of our London partners and staff in one central location, enabling enhanced collaboration opportunities which will ensure KPMG continues to provide the best service for our clients.

"This is in addition to providing a top quality working environment for our staff in a location which has proved successful for KPMG following the relocation from various offices within the City in 2010."

KPMG will retain a City base by taking a lease out on a conference and meeting facility for clients.

Business Traveller

News, tips, gadgets etc

New gadget



Samsung Galaxy S4 Zoom

£440, samsung.com/uk/

Samsung have gone the whole hog with its latest device with one side a smartphone and the other a fully-fledged 10x zoom camera. Sadly, it makes the device bulky and compromises both operations. Still, an impressive stepping stone to a proper hybrid.

★★★★☆

BA ups frequency to Hyderabad

ROUTES British Airways will increase its flights from London to Hyderabad in India from six flights a week to daily from October 27.

This follows an increase to six in October last year to the populous city in Andhra Pradesh.

Christopher Fordyce, regional commercial manager, South Asia, BA, said: "Hyderabad is a key market in our South Asian network. We have witnessed tremendous growth in the market since 2008, resulting in growth in outbound business and leisure tourism."

Star App

Moonpig
With this app you can take snaps of your travels, upload



them and then Moonpig will create a postcard to remind your family you exist. The app is free. Postcards cost from £1.50.

Price comparison websites: Handle with care

YOUR MONEY

New findings from consumer group Which? underline the importance of treating price comparison websites with care.

Which? carried out a test that looked for the cheapest like-for-like car insurance quote from 10 comparison sites and found a difference of more than £1,500 across the market.

Similar research by consumer help website MoneySavingExpert has also found big discrepancies.

Dan Plant, head of editorial at MoneySavingExpert said: "Our research found big differences between the big-name comparisons when we looked at how cheap the



prices are, whether quotes match up to the prices on insurers' own websites, whether they'll follow up with marketing calls, and how quick they are to use."

So how can you get the most out of price comparison websites?

When using comparison websites, bear in mind that the best price is not necessarily the cheapest. The end

goal is to find the cheapest price that fits your personal needs.

Value for money is key and the cheapest deal may not give you the cover you want or need.

Which? found some websites would make automatic assumptions, that could potentially leave consumers with a policy that did not suit their needs.

MoneySavingExpert has similarly found that the excess on the cheapest policies returned could "massively exceed" what was being searched for.

If you are not paying close attention to pre-selected options, you may not be comparing deals that are like-for-like.

A good strategy is also to use a

few websites in conjunction, to make sure you are searching through as much of the market as possible.

Which? wants to see sites generally being much more up-front with consumers about how much of the market they cover.

Some companies will not be included at all as they choose not to be featured on comparison websites.

It is also worth considering that the more basic option of third party cover is not always cheaper than searching for quotes for fully comprehensive deals. This is because insurers may assume you are likely to be a risky customer simply by wanting third party cover and they will push up their prices accordingly.

the Road



The stunning, silent interior of the car is completely bespoke

This spoils the field for every other car

ROAD TEST

Edward Stephens
The Wharf

After living with a Rolls-Royce Phantom you are left with the feeling that every other car you drive is destined to be an anti-climax.

When you get behind the wheel of this epitome of luxury it's as though you have acquired a title overnight and should probably be moving into a stately home.

Not only do you feel like one of the aristocracy but other motorists and pedestrians look at you as if you are. They make you feel that if they could doff their caps to you they would willingly. The reaction it generates is unlike that of any other car, no matter how expensive.

For years Rolls-Royce has been regarded as the pinnacle of the luxury car makers art and when you drive one people – of all ages – turn to stare at you.

I'm not sure whether it's just the awe that the car is held in or whether there's an element of checking to see if it's a pop

FACTFILE

Rolls Royce Phantom

- Price: £276,275
- Mechanical: 453bhp, 6,749cc, 12cyl petrol engine driving rear wheels via eight-speed automatic gearbox
- Max speed: 149mph
- 0-62mph: 5.9 seconds
- Combined mpg: 19.1
- Insurance group: n/a
- CO2: 347g/km
- Warranty: Four years

star or footballer at the wheel, but either way the reaction seems to be universal.

There's also an element of the rarity value of the car, which is not surprising as the one I borrowed had a price tag of £432,980 – by far the most expensive road car I have ever driven.

When you first see the Phantom two things strike you – the dramatic Roll-Royce grille topped with the famous Spirit of Ecstasy figurine and the sheer size of the vehicle. At 19ft 2ins long it's big. Very big. I took a mental note not to take it into any multi-storey car parks. It wouldn't fit.

But it's not until you open the door that the sheer opulence you get with a car like this hits you. Every one is different because the sky is the limit with what you decide to put on your Roller.

On the road the 6.8-litre V12 engine makes light work of pulling such a heavy vehicle and inside you travel in total silence. In fact even from the outside the engine's inaudible. All pedestrians hear as it passes by are the tyres on the road.

The eight-speed gearbox is operated via a column change and slips from one to the other seamlessly.

If you floor the accelerator pedal – which it doesn't really seem the right thing to do in such a car – there is no sudden lurch pinning you to the seatbacks you seem to simply hit high speed in a very fast but refined manner, befitting this car's status.

Motoring will never be the same again.

Our verdict

The epitome of luxury
★★★★★



The Phantom will have heads turning wherever you drive it



The Phantom is more than 19ft long

We Give Away

OVER

£840k

Every 30 days*

PLUS

NEW PLAYERS SIGN
UP AND DEPOSIT £10
TODAY AND GET

£30

TO PLAY WITH



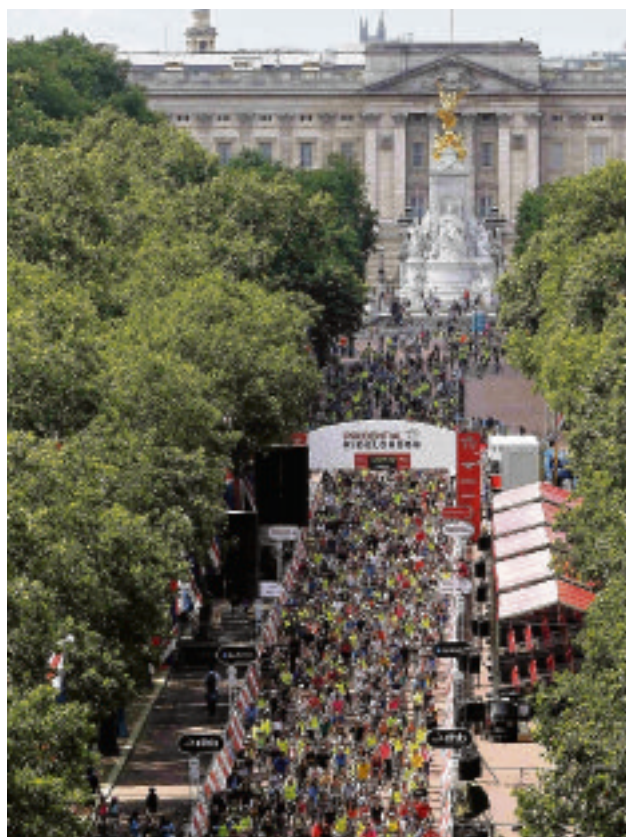
Join Mirror Bingo today at
MirrorBingo.com

*Based on 30 day average in March, April and May 2013. Over 18s only. See www.mirrorbingo.com for full Ts&Cs. Please gamble responsibly www.Gambleaware.co.uk.

LondonEYE



Olympic gold medalist, cyclist Laura Trott poses for a photograph with cyclists at the start of the RideLondon FreeCycle, in the City on Saturday.



Above, the FreeCycle event saw hundreds of thousands of cyclists take to an eight mile ride around London. Roads across the capital were closed to traffic and opened solely for the use of bicycles.



Right, French cyclist Arnaud Demare celebrates as he crosses the finish line in The Mall during the RideLondon-Surrey Classic race on Sunday. The race covered 140 miles on roads in and around London, starting at the Olympic Park in Stratford, and finishing on The Mall in front of Buckingham Palace.



Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro

AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

The current aspects suggest you're ready to commit to something you've been hiding. This is a good time to do so. You'll feel better, get a direction in life.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

Changes in a friend's life are giving you itchy feet. What should you do with your life? Appealing offers will require travel to take up, but may be worth it.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

Don't turn your head away from the compliments that are being given to you. You deserve them and they are sincerely meant, so hold your head up high.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

A more emotional Taurus is evolving that will make you less afraid to say how you feel and more able to talk about your past. Expect the unexpected.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Social gatherings you're invited to put you in the path of someone you've a score to settle with. The good news is this results in better relations with them.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

The friends who don't call you anymore or offer you support were never really friends in the first place. Have you worked that out yet Cancer? Move on.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Projects you do at this time can help you to direct your future onto a more secure path. Don't be part of work battles that don't involve you. There's a price to pay.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Why are you telling everyone but the person you're having troubles with how you're feeling? Surely it would be better to go straight to the source?

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

Have recent events left you a little dependent? A smile cures more than any medicine. Use today to build up your self esteem and put on your best face.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

Emotions are making it hard to know what you're really feeling. Today though, you'll start to see close ones through new eyes. Take everything in.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Family want more from you than you're willing to give at the moment. Try to sit down and talk things through with them before tomorrow. It will work out.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Jupiter helps you to find new things to bring out your imagination. This could, for some of your sign, see you toying with entering a new profession.

Contact our psychics to get a FREE personal CD of your reading

Live psychic

Call a live psychic for your personal consultation on 0906 174 2078

To pay for psychic reading by credit card, call 0800 063 0909

Live text

Text a Psychic: Just text CLA13 and your question to 86010 and one of my psychics will give you a reading

Dinner and a Movie



★ Fancy winning dinner and a movie for you and a friend? And a goodie bag too with Percy Jackson merchandise including T-shirt, headphones, hat, keyring pen and book

We've teamed up with West India Quay's Via and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema as well as

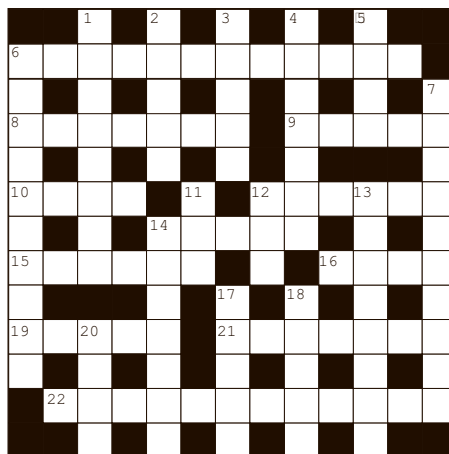
the goodie bag. To be in with a chance of winning, just tell us the name of the actor from who plays Percy Jackson in *Sea Of Monsters*.

Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is August 15, 2013.

You must include your name and postal address.



Crossword



ACROSS

6. One's native language (6,6)
8. Planet (7)
9. Flavour (5)
10. Baby carriage (4)
12. Expunge (6)
14. Bet (5)
15. Keep quiet or unseen (3,3)
16. Nought (4)
19. Rips (5)
21. Allow (7)
22. Crucial (3-9)

DOWN

1. Act of stopping (8)
2. Player's first game (5)
3. Freshwater mammal (5)
4. One more (7)
5. Snooker rods (4)
6. Deal with skillfully (10)
7. Kindly (10)
11. Uncooked (3)
12. Precipitation (3)
13. Ultimate (8)
14. Religious adoration (7)
17. Entice (5)
18. Gaze fixedly (5)
20. Wheel spindle (4)

ACROSS: 6. Mother tongue; 8. Neptune; 9. Taste; 10. Pram; 12. Delete; 14. Manipulate; 15. Lie low; 16. Zey; 19. Tears; 21. Entice; 22. All-important. DOWN: 1. Stoppage; 2. Debut; 3. Otter; 4. Another; 5. Cues; 6. Manipulate; 7. Benevolent; 11. Lie low; 12. Zey; 13. Dew; 14. Eventual; 15. Lie low; 16. Zey; 17. Temp; 18. Stare; 20. Axle.

Sudoku

EASY

7	9			3	5	1		2
	4	1		9				7
	8	5	1	7	4	3	9	
8	5	3				4		
9	7			8	1	6	2	5
1	6			4			8	
6		7	9		8	5	3	4
4	2	8	7	5		9		
	3	9	4	1		2	7	8

HARD

	9	4	7	2			8	3
				8				
							9	7
	3		6		5	2	1	
		1						
							6	9
3			5		8			
		9						
	2	7		9	4			6

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

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Sport

THE FANS' ROAR

By Ian Toal

The problems of last season surface again

Millwall Supporters Club
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Never underestimate the ability Millwall have to disappoint you. We were all sucked into excitement about the new season arriving with all the significant signings we made since Steve Lomas was appointed as successor to Kenny Jackett.

The quality of players brought in by ex-Hammer Lomas had won over even the most ardent Millwall supporter who doesn't accept anyone with connections to West Ham – our fiercest enemies in east London.

With minnows Yeovil Town visiting on Saturday for the first day of the season – the Glovers' first match in the Championship in their history – a sizeable Millwall crowd turned out, with most expecting the attacking Lions players to maul the opposition.

“This all pointed to a comfortable home win to kick off our season. Unfortunately the script was ripped up and the problems of last season surfaced again as we failed to take our chances.
Yeovil took advantage of one of their rare second half breaks and we conceded a soft goal all too familiar to last season to lose 1-0.
This was yet another opportunity where the team shot themselves in the foot as the extra few thousand who went to the game will almost certainly think twice before making their way back to the ground.
It's too early to be concerned though as there are mitigating circumstances like the key new signings needing match fitness.
Lomas made a few changes to the team for the League Cup match which we won 2-1 against Wimbledon. It was good to see club captain Paul Robinson return and Bailey impress further but it was a game that raised more questions than answers.
Is Jermaine Easter good enough, as he managed to waste several opportunities? Has Martyn Woolford got enough about him to be played as a winger?
Will Stephen Bywater be adequate enough to cover for Forde? Can he catch a cross rather than just flap at it?
Will Andy Keogh ever rediscover his best form? All questions that will probably be answered to some extent in the next few games, starting at Ipswich.
Ipswich v Millwall, Saturday, 3pm.

Manager revels in rich pickings from academy

CHARLTON

Youth products are coming through and pushing for first team places

Rob Virtue
@wharf.co.uk

This could be year a for youth according to Charlton manager Chris Powell after seeing his side demolish Oxford United in the Carling Cup.

The 4-0 win was rounded off with 19-year-old substitute Jordan Cousins marauding into the box. After he was tripped, Joe Pigott, six months his senior, capped an impressive performance by converting the spot-kick.

The dual debutants had Powell praising the club's young talent.

"We've got a lot of good under-21 players who have got a chance but ultimately it's about taking that chance when it comes, learning from the senior players and from us as coaches," he said.

"But Jordan made his mark, Callum [Harriott] has, Joe has now, and hopefully one or two others will mark their mark as well this year."

But Powell, speaking after the first round League Cup win on Tuesday, which saw Simon Church score two and Danny Green grab the other, also said the youth players would have to bide their time for more first team opportunities.

When asked if Pigott was knocking on the door of the first team, the manager said: "I wouldn't say that because I don't want to put any pressure on him."

"He's around it. He's got Yann, Marvin Sordell and Simon Church in front of him but we do like him."



Charlton manager Chris Powell praises his youth players after his side's victory over Oxford in the Carling Cup

W Is Joe Pigott ready for the first team?

"I wouldn't say that because I don't want to put any pressure on him. He's around it. He's got Yann Kermorgant, Marvin Sordell and Simon Church in front of him."

Chris Powell

"He did ever so well last year. He finished the season strongly. Players who score goals are priceless."

"We've got hopes for him and we want him to develop. He'll be in and out. He was in the 18 on Saturday but didn't make the squad."

"He's still got loads to learn but I like what I see and he did ever so well with Simon Church. They were a terrific pairing and the goal was a great way for Joe to end the night."

Charlton v Middlesbrough, Saturday, 3pm

140 miles on sticks, bike and braces



Iron man: Paul Stewart

JUST five years after plummeting 200ft down a cliff leaving him paralysed from the waist down, Paul Stewart is attempting a 140mile endurance challenge.

With the aid of walking sticks and leg braces he will take on a 26.2mile walk, as well as cycling 112 miles, swimming 2.4 miles and climbing the same cliff-face he fell from in 2008. He is raising funds for Spinal Research, Wings For Life and Spinal Cord Injury.

He will finish his London leg by walking through Stratford, Canary Wharf, Greenwich and Woolwich before arriving at City Airport at around 4pm on August 16.
Go to ironspinechallenge.com.

WEST HAM

Giles Broadbent
@wharf.co.uk

IRONS midfielder Ravel Morrison, who was shipped out last season after acquiring the adjective "troubled" says he's keen to stay in east London this time around.

And his pre-season play suggests manager Sam Allardyce will be keener to give the £1million off-load from Manchester United an Oyster card.

Morrison contributed to a second half comeback at Sporting Lisbon that looked unlikely when Matt Taylor handled in the box and conceded a penalty.

Morrison's spectacular double strike and another by Kevin Nolan made their first visit to Portugal a profitable one although a 1-0 Guadiana Tournament



In form: Ravel Morrison

defeat on Tuesday took the edge off the success.

Of the Sporting Lisbon clash, Nolan said: "We scored three good goals. Ravel scoring two was massive for us because he's been fantastic through pre-season. It was nice to get on the

scoresheet myself and to keep banging them in. We're in good form."

"This is all about making sure we're ready on August 17 because we've got to make sure we get everything right – the fitness and mentally, set pieces and everything – for that game. Hopefully we're getting close to doing that."

And Nolan said he wanted to see Morrison focus. "The lad has got ability. It was all the off-field stuff and his mental attitude to the game before. He has come back [with a renewed approach]."

"Last year, he started off like that but let himself down off the field with not turning in, things like that. I'm going to help him as much as I can this season, talking to him on the pitch and off the pitch. If he can get it all right, he'll be a top player for years to come."

Sport

Wharf



SEASON KICKS OFF

Millwall and Charlton return to league action **P63**



PLAYER PROFILE

Mike Martin

- Position: Forward
- Height: 6ft 7in
- DOB: February 20, 1974
- Nationality: British
- Nickname: Captain Fantastic
- Points average 2012/13: 10.6

Previous clubs:

- Guildford Heat
- Scottish Rocks
- Thames Valley Tigers
- London Leopards
- Brighton Bears



London Lion guard Perry Lawson, right, takes the ball past a Leicester Rider

New pride arrives at Olympic venue

LEGACY

We meet the first pro sports team to make Stratford their new home

Kay Lockett
@wharf.co.uk

Basketball is to reach new heights at the Copper Box Arena as London Lions make the former Olympic venue their permanent home.

The UK's premier team in the sport will play their debut match in Stratford against leading US college side Iowa University on August 14, in what the Lions hope will be the start of a winning legacy.

They are the first professional sports

team to move to Queen Elizabeth Olympic Park.

Christian Kumar, the side's general manager, said: "We are a good, young, athletic team and hope to sell out the 7,500 seats at the Copper Box in the future."

"It's such a fantastic venue for us and the 100 per cent re-sign of players this year shows they are keen to train and play at the largest venue in the British Basketball League."

"Basketball is the largest participation sport here in the UK outside of football – it's suited to both sexes and the environment is very family friendly and the professional players are very approachable."

"I see coming to watch a London Lions game as an alternative to going to the cinema – it's entertaining, affordable and accessible."

The history of the Lions dates back to the Hemel Lakers, established in 1977. Following many relocations the team have been known as the Hemel

What's going to a Lions game like?

"I see coming to watch the London Lions as an alternative to going to the cinema – it's entertaining, affordable and accessible."

Christian Kumar

& Watford Royals, the Watford Royals and Milton Keynes Lions before being dubbed the London Lions.

Playing out of Crystal Palace National Sports Centre in year one, the team have now moved in to the Copper Box in a 10-year deal, where they will train and play their home games.

London Lions season tickets for the 2013-14 season grant access to all 23 home games at the Copper Box and cost £368. Tickets for individual games are £12 online or £16.50 on the door.

Go to londonlionsbasketball.com.

PLAYER PROFILE

Adrien Sturt

- Position: Centre
- Height: 6ft 10in
- DOB: May 2, 1986
- Nationality: Australian
- Nickname: TLC
- Points average 2012/13: 13.6

Previous clubs:

- Milton Keynes Lions
- Essex Pirates
- Dexia Mons-Hainaut
- Melbourne Tigers

WEEKEND FLUTTER

RACING

Amazing Maria could hardly have been more impressive when emphatically losing her maiden tag last week at Glorious Goodwood. She holds an entry for the Group 1 Fillies' Mile later in the season so is obviously held in high regard. Back her to win the 3.35 at Newmarket on Saturday despite her recent form.

Andrew Riley

FOOTBALL

Wigan made a great start to their Championship campaign with a 4-0 win at Barnsley on Saturday but should be brushed aside by **Manchester United** at Wembley in the Community Shield on Sunday. While Wayne Rooney's future continues to be under scrutiny, David Moyes' team should have far too much for the Latics and run out comfortable 3-0 winners at 8-1.

Ian Wilkerson

RACING POST

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

Fighting school moves to the Copper Box

BOXING

BARRY McGuigan Boxing Academy has announced it will move to the Copper Box at Stratford's Queen Elizabeth Olympic Park.

The lease was signed with GLL, the charitable social enterprise that operates the arena during the first week of the new venue opening.

BMBA founder and former World

Featherweight Boxing Champion Barry McGuigan said: "We are incredibly excited to be a part of the on-going legacy of the London games and to be situated within this prolific venue is a real privilege."

"We are pleased to be able to demonstrate our commitment to continue to build and develop on the momentum we have created within the communities surrounding the QEOP."



Legacy: Barry McGuigan

Mixing exercise with numeracy and literacy, the academy runs two programmes funded by the London Legacy Development Corporation in Newham, Tower Hamlets, Hackney and Waltham Forest called Boxing for Health and the Happy Hearts Primary School Health Programme. Its programme delivery hub and head offices will be based at the venue.

Kay Lockett

PROPERTY

Wharf

Canary Wharf's leading property guide



Why I have moved to a new-build in Greenwich

P16

Express your inner artist all over your wall spaces

P18

3

of the best properties available in Docklands

P16



Now is the time for eco-friendly designs

Developer tells us why he's building low carbon homes **Page 17**



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Guide: £265,000

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Paddling to raise cash for good cause

A CANARY Wharf estate agent made his debut in dragon boat racing as his team took to the water to raise more than £1,000 for charity.

Serhiy Openko was part of a 17-strong group of staff selected from Felicity J Lord branches across the capital to tackle the challenge at Fairlop Water in Essex.

And their determination reaped rewards for The Magic Moments Charity Fund – an organisation that helps children suffering from life limiting illness – by providing an important funding boost.

Serhiy said: "It's a tough challenge that requires a lot of training but it's worth it if we can help make a difference to children's lives."

"The sacrifice we've had to make with training and putting ourselves through the race is nothing compared to the challenges some children and their families face."

"I'm really proud to have taken part in the Dragon Boat race and I'm delighted to have helped contribute towards the Magic Moments fundraising."

Beth Allcock



Felicity J Lord staff train ahead of their dragon boat challenge at Fairlop Water in Essex

New-build is 'such a nice place to live' in the sunshine

Why moving south of the river gave me everything I wanted from living in capital

Beth Allcock
@wharf.co.uk

Textile artist Vicky Glyn chose to call south of the river home after being drawn to Greenwich – a town she describes as "London's very own urban Riviera".

Recently re-locating from a property in Southgate, she said she was inspired to buy a one-bedroom apartment at Galliard Homes' New Capital Quay development after visiting her mother's waterside flat near Nice.

And, with her new property boasting a timber-decked glass-fronted balcony overlooking Deptford Creek, the 62-year-old said her new location was "perfect".

The development, off Creek Road, aims to offer the Butler's Wharf "Thameside lifestyle" further down the river.

The scheme will also be home to waterside cafes, restaurants and bars as well as a flagship Waitrose store, which opened its doors earlier this summer.

"New Capital Quay is such a nice place to live," said Vicky.

"I love the nautical inspiration for the architecture, the open plan living

spaces and the focus on outside space. The balconies, riverside promenades and piazzas within the scheme really make it a wonderful outdoor place during good weather.

"When it's nice weather my balcony is perfect for sitting out on, enjoying a gin and tonic, and reading or doing my fabrics."

"The living room and kitchen are cosy and compact and have everything you need for low maintenance living."

The businesswoman, who creates brightly coloured wall hangings, throws and covers from a base at



The Chocolate Factory Studios in Wood Green said although her daily commute had been extended to 50 minutes, it was worth it.

And Vicky has even found a new outlet for her home furnishings in her new patch, after discovering Greenwich's craft market.

More than 550 private apartments have been sold at the development and Vicky was one of the first residents to move into her new home.

Prices for apartments at New Capital Quay start from £295,000.

Go to galliardhomes.com.



Artist Vicky Glyn relaxes on her balcony after buying a property at New Capital Quay in Greenwich, pictured left

Homes that pay their own bills and make money



Norwegian developer Svein Kjelstrup Olsen believes private money should be used for eco projects

Scandinavian company has high hopes for range of eco-friendly homes

Beth.Allcock
@wharf.co.uk

A Norwegian developer is leading the eco-friendly property charge by creating state-of-the-art zero carbon homes just half an hour from Canary Wharf.

Future Living Homes has built four prototype sustainable properties in Essex dubbed The Aveley Project.

The two-bedroom detached dwellings have been designed to promote maximum energy efficiency and the use of renewable energy sources.

Solar panels and solar collectors have been installed alongside systems to harvest rainwater for use in toilets and washing machines.

Future's Svein Kjelstrup Olsen said his firm's scheme was way ahead of proposed government policy calling for all new properties to achieve zero-carbon status by 2016.

The 68-year-old said: "That's the big thing. It means the homes don't pollute."

"There have been maybe five or six

FACTFILE

The Aveley Project

- Four sustainable properties.
- Two detached dwellings.
- Each has two bedrooms.
- Net living area of 81.6sqm.
- Features two bathrooms, a guest toilet, reception room, open plan kitchen, utility room, study area, terrace, balcony, garden and private parking.
- South Ockendon and Purfleet railway stations provide transport links direct to the City of London within 40 minutes.
- Available freehold for £250,000.

projects done in the UK but this is the first one on the market – you can buy it and move in tomorrow and it will be fully compliant with building regulations in three years' time.

"I have always been interested in renewable energy and green technology. Instead of just talking about it, just do it."

"Most people who do something like this ask for government grants or subsidies and I say build it with private money."

Svein said the all-inclusive nature of the zero-carbon homes in Mill Road, Aveley – which means the solar panels and collectors are already up and running when their new owners move in – would save buyers cash and



Two of the eco-friendly homes, which have been built in Essex

offered "really good value for money". He said the home's location, with good access to sunlight and no overlooking properties, was also a benefit.

And buyers at The Aveley Project will also be able to pocket some extra cash by opting for their sustainable new build.

"Because your energy consumption is extremely low, you will produce and export back to the grid much more energy than you are going to consume," said Svein.

"From next year, this house will give you about £1,250 annually. That's a lot of money and it's only a conservative estimate."

"One thing is for sure, energy costs

AGENT'S VIEW

A CANARY Wharf estate agent has branded the Essex-based sustainable homes project a "no-brainer" for buyers.

Andrew Grocock, head of sales at Knight Frank, pictured, said one of the four properties had already been snapped up and he expects first-time buyers would be competing for the remaining three homes.

While he admitted the zero carbon homes property sector was still in its early days, Andrew said people were becoming more aware of the energy benefits of such schemes, while also scrutinising the findings within Energy Performance Certificates.

He said: "They are extremely close to Canary Wharf – we are talking a 25-minute drive and they're well proportioned with a bit of outside space."

"And it's the uniqueness of a freehold house for £250,000. At the same time, you're earning I believe around £1,250 each year, which is not an insignificant amount of money – it really makes them very affordable."

"I have never seen anything quite like it. You don't have bills and you're making money off it – is a nice scenario to be in."

He said the scheme's place in the "up and coming" sector would attract a range of buyers, with the price point appealing to those looking to get a foot on the property ladder.

He also said The Aveley Project was an environmentally-friendly model that could be transferred to Canary Wharf and beyond.

"Specifically for the Wharf, it's whether any big builders will take this on board and start to use it in towers," he said. "There's no reason they wouldn't be able to do it and keep the service charges down." Go to knightfrank.com.



By Dawn Sandoval

Get furniture right for your home's size

This week, in the second part of my three part series looking at maximising space in the home we focus on storage particularly through the use of furniture.

There are many options available to help work with the smaller spaces, such as compact sofas and chairs. Consider a sofa bed too to accommodate guests.

For dining solutions look at purchasing fold-down tables and chairs to give you options or a table that fits all its chairs underneath.

Using a nest of tables is preferable in a small space as opposed to having a regular coffee table, which can take up a large amount of floor space.

This way you can keep the tables stacked next to a chair or sofa and only bring out the smaller tables as and when you



Place mirrors in bathrooms to create the illusion of space

need them. In bedrooms, a four-foot bed could be an option if a double is just too big for the space you have to work with.

Show homes use them all the time to enhance the look of a smaller room. Also hunt for beds that have storage in the base – drawer divans are a great choice but also look out for a new type of bed on the market where the whole base springs up at the click of a button to expose storage.

In a small child's room, a reduced sized first bed and small child's wardrobe again can work in a box room, at least until they reach four or five years old.

In the bathroom always add a mirrored bathroom cabinet to tidy away unsightly toiletries and cleaning products. The mirror will also make the room look larger.

A streamlined room with masses of storage is an ideal way to store clutter rather than having it on show. The feeling of too much stuff in a room will make any room feel smaller.

Dawn Sandoval MNAEA is an independent property consultant working in the Canary Wharf area – call 020 7093 1702. Every effort is made to ensure the accuracy of comments given. Individual cases must be studied by a solicitor. Email questions to newsdesk@wharf.co.uk.

Put it on the WALL

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Left, Tree trunk design wall mural, from Photowall

Above, Vintage rugby memorabilia, from, Space Innovation

Right, Penguin Classics vintage design wallpaper from Space Innovation



Left, Vintage jigsaw design with map of Britain, from Space Innovation

Above, Denim jeans design wallpaper, from Mr Perswall

Right, Favourite Frock design for wallpaper, from Space Innovation



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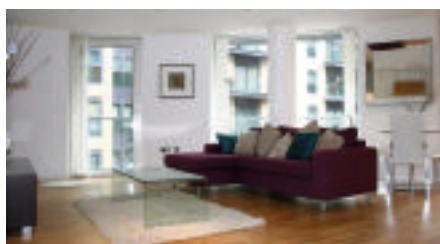
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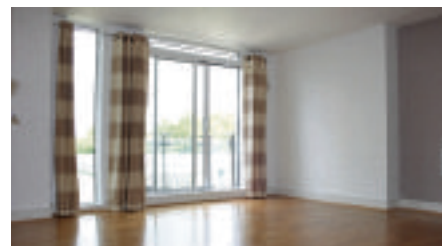
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5 Harbour Exchange Square, Marsh Wall, London E14 9GE

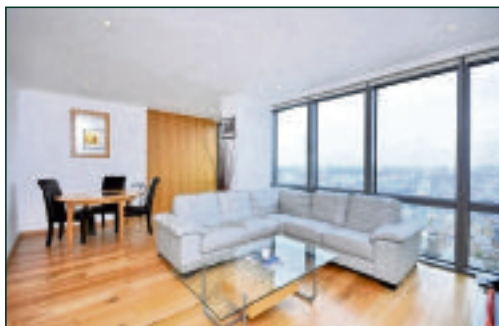
020 7190 3300

lines open 8am - 12am





Chase Evans



No. 1 West India Quay, E14 £685,000 L/H

Two bedroom, two bathroom apartment on the 23rd floor of the iconic No. 1 West India Quay located just moments from Canary Wharf with its array of shops, bars and restaurants. Superb views through floor to ceiling windows, allocated parking and 24 hour concierge.

Canary Wharf 020 7515 1000



St Davids Square, E14 £599,995 L/H

Three bedroom, two bathroom, 2nd floor riverside apartment measuring approximately 1,043 sq ft with large terrace and corner balcony offering direct views over the river Thames to Greenwich. Popular development with 24 hour concierge and leisure facilities.

Docklands 020 7510 8444



Baltimore Wharf, E14 £550,000 L/H

Spacious two bedroom, two bathroom apartment on the fifth floor of this dockside development conveniently situated next to Crossharbour DLR and within walking distance of Canary Wharf. Wood flooring, large, private balcony, 24 hour concierge and a fully staffed leisure facility.

Pan Peninsula 020 7536 7900



Pan Peninsula, E14 £425,000 L/H

One bedroom, 10th floor apartment with wood floors, comfort cooling, marble bathroom and an East facing balcony. Pan Peninsula is within walking distance of Canary Wharf and boasts superb on-site facilities including a fully staffed fitness suite, private cinema and dockside restaurant.

Pan Peninsula 020 7536 7900



Boardwalk Place, E14 £370,000 L/H

2nd Floor apartment of approximately 595 sq ft with a large double bedroom, spacious reception room, balcony and allocated parking space. Boardwalk place is ideally located just moments from Canary Wharf's business district and surrounding transport links.

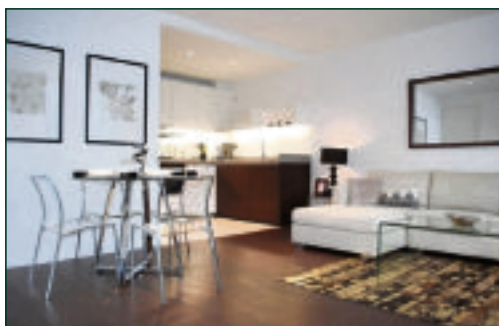
Canary Wharf 020 7515 1000



Bow Central, E3 £239,995 L/H

Fantastic, one bedroom property with balcony, situated in this sought after, gated development ideally located close to excellent transport links including Mile End and Bow Road tube stations and Bow Church DLR, allowing easy access to Central London, the City and Canary Wharf.

Docklands 020 7510 8444



Baltimore Wharf, E14 £500 pw

Superb two double bedroom, two bathroom apartment set in this modern dockside development. This property offers a spacious reception room with fantastic luxury furnishings, a fully integrated kitchen, luxury bathrooms and private balconies.

Pan Peninsula 020 7536 7900



Caspian Wharf, E3 £365 pw

Luxury, two double bedroom, two bathroom apartment situated on the 3rd floor of this fabulous Berkeley Homes development. The property offers wooden flooring, fully equipped kitchen, balcony, designer furnishings and 24 hour concierge service.

Docklands 020 7510 8444



Waterside Park, E16 £300 pw

A newly built one bedroom apartment located within easy walking distance of Pontoon DLR station. The property offers designer furnishings and a good sized balcony with views of the river Thames and Canary Wharf.

Canary Wharf 020 7515 1000

Canary Wharf office

Horizon Building, 15 Hertsmere Road, London E14 4AW

Tel: 020 7515 1000 | canarywharf@chaseevans.co.uk

Pan Peninsula office

Pan Peninsula, 1 Millharbour, London E14 9XP

Tel: 020 7536 7900 | panpeninsula@chaseevans.co.uk

Docklands office

St Davids Square, 320 Westferry Road, London E14 3QL

Tel: 020 7510 8444 | docklands@chaseevans.co.uk

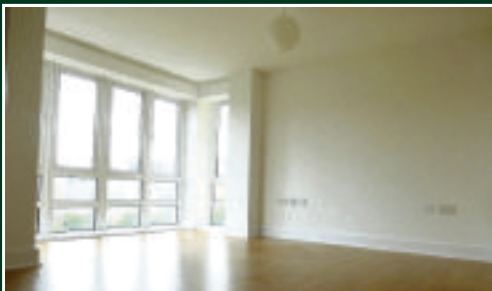
Head office and Property Management

Third Floor, 6 Malvern House, 199 Marsh Wall, London E14 9YT

Tel: 020 7510 8430 | propertymanagement@chaseevans.co.uk

L Lourdes

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020 7538 9250



St Davids Square, Westferry Road, E14

- One bedroom apartment
- Study room
- Swimming pool
- Allocated parking

£320 per week



Gainsborough House, Cassilis Road, E14

- Large one bedroom
- Close to Canary Wharf
- 24 hour concierge
- On-site leisure facilities

£350 per week



Settlers Court, Virginia Quay, E14

- Two bedroom apartment
- Two bathrooms
- Allocated parking
- Close to East India Quay DLR

£350 per week



Naylor Building West, Assam St, E1

- Two bedroom apartment
- Two bathrooms
- Private balcony
- Residents gym

£440 per week



Dundee Wharf, Limehouse, E14

- Three double bedrooms
- River view
- Allocated parking
- Private balcony

£595 per week



No1. West India Quay, Hertsmere Road, E14

- Two bedroom apartment
- Two bathrooms
- Secure parking
- 24hr concierge

£695 per week



Glamis Road, Shadwell, E1W

- Two double bedrooms
- Good location
- Top floor
- Duplex

£230,000



Seacon Tower, Westferry Road, E14

- One double bedroom
- River view
- Modern development
- Good location

£365,000



Welles Court, Westferry, E14

- Penthouse apartment
- Two double bedrooms
- Roof terrace
- Excellent location

£424,995



Zenith Building, Limehouse, E14

- Two double bedrooms
- Marina views
- Limehouse DLR
- Chain free

£425,000



Moline's Wharf, Narrow Street, E14

- Two double bedrooms
- Recently refurbished
- Desirable location
- Secure parking

£499,000



Belgrave Court, Westferry Circus, E14

- Two double bedrooms
- High specification
- Direct River view
- Secure parking

£1,250,000

96 Three Colt Street, Limehouse, London, E14 8AP
enquiries@lourdes-estates.com





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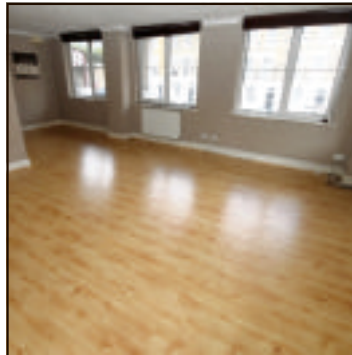


Ionian Building, E14

- Two bedrooms
- Third floor
- River views
- 24 hour concierge

£415,000

Leasehold



Regents Canal House, E14

- Two bedrooms
- Two bathrooms
- 1053 square feet
- Secure parking

£399,950

S/O/F

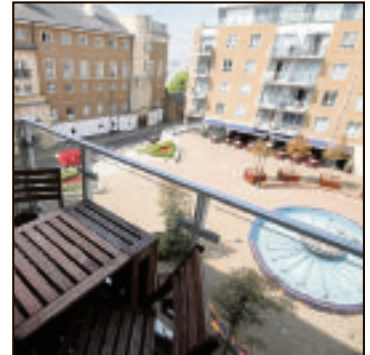


Poseidon Court, E14

- Two bedrooms
- Private terrace
- Riverside
- Two bathrooms

£450,000

Leasehold



Mosaic, E14

- Two bedrooms
- 24 hour concierge
- West facing
- Balcony

£420,000

Leasehold



Horseferry Road, E14

- One bedroom
- Modern development
- Secure parking
- Communal terrace

£299,950

Leasehold



Atlantic Wharf, E1W

- Two bedrooms
- Secure parking
- Balcony
- Modern development

£350,000

Leasehold



Hamilton House, Victory Place, E14

- Two Double Bedrooms
- Concierge
- Gated Development
- Allocated Parking

£430 per week



Victoria Wharf, Limehouse, E14

- Two Double Bedrooms
- Secure Parking
- Luxury Riverside Development
- Unfurnished

£485 per week



Capital Wharf, Wapping, E1W

- 2 Double Bedrooms
- Concierge
- Direct River Views
- Gym

£595 per week



Drake House, Limehouse, E14

- Three Bedrooms
- Two Balconies
- Penthouse
- Secure Parking

£895 per week



Eaton House, Canary Wharf, E14

- Two Double Bedrooms
- Concierge
- Spectacular River Views
- Leisure Facilities

£750 per week



Tequila Wharf, E14

- One Large Bedroom
- Portered Development
- Fully Furnished
- Allocated Parking

£300 per week

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DOCKLANDS & CANARY WHARF



£750 pw

GOODHART PLACE, HORSEFERRY ROAD, E14

- * Four bedroom duplex apartment
- * Set over two storeys
- * Separate kitchen to living room
- * Two bathrooms
- * Furnished with parking
- * Circa 1,362 square feet
- * Close to Limehouse Station



SALOON HOUSE, BRUNTON PLACE, E14 £220 pw

- Large one bed apartment
- First floor
- Close to Limehouse Station
- Available 17th August



RESERVOIR STUDIOS, CABLE STREET, E1W £365 pw

- Two bedroom apartment
- First floor and furnished
- Separate kitchen and balcony
- Available Now



THE PANORAMIC, LONDON, E14 £285,000

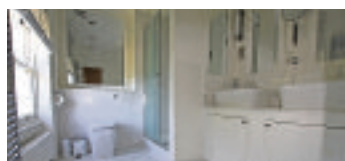
- Off Plan Opportunity
- One Bedroom Apartment
- 523 sq ft with balcony & city views
- Close to Langdon Park DLR



GOODHART PLACE, HORSEFERRY ROAD, E14 £750,000

- Four bed duplex apartment
- Separate kitchen to living room
- Circa 1,362 sq ft
- Close to Limehouse DLR

BLACKHEATH & GREENWICH



£1,995 pw WESTCOMBE PARK ROAD, BLACKHEATH, SE3

- * Eight bedroom stately home
- * Separate two bed garden flat
- * Huge rear garden extending to 150ft
- * Three receptions and two kitchens
- * Six bathrooms
- * Excellent local amenities
- * Close to Westcombe Park Station * Available Now



VENICE CORTE, RENAISSANCE, SE13 £340 pw

- Two bedroom apartment
- Unfurnished on 2nd floor
- Excellent transport links
- Available Soon



WILLIAM COURT, GREENWICH, SE10 £280 pw

- One bedroom apartment
- Unfurnished on third floor
- Near Deptford Bridge DLR
- Available 27th August



METCALFE COURT, GREENWICH, SE10 LET

- Three bed apartment
- 3rd floor with two balconies
- Car parking available
- Excellent transport links



BECQUEREL COURT, GREENWICH, SE10 £419,999

- Two bedroom apartment
- Private roof terrace
- Open plan living space
- Excellent transportation links


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** Terms and conditions apply*



Leman Street, E1
£923 pw

2 bed 2 bath luxury apartment set in a restored Edwardian building and finished to a high standard.



Beaufort Park, NW9
£170,000 - £320,000

Brand new Studio and 2 bed apartments with high standard facilities. Surrounded by Mediterranean style boulevard and landscaped grounds.



Warwick Road, W14
£1,200,000

2 bed 2 bath apartment located nearby Kensington High Street and multiple tube stations. Underground parking, Residents Gym.



London Yard, E14
£150 pw **FLAT SHARE**

5th floor apartment, with spacious living area, large kitchen. River views. Inclusive of bills, Fully furnished.

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 www.metro-village.com



Fairmont House, SE16

This is an absolutely stunning modern one double bedroom studio suite in Fairmont House, part of the Maple Quays at Canada Water. Situated on the second floor. This luxurious apartment benefits from new fitted and integrated kitchen (integrated oven, hob, microwave, fridge freezer and dishwasher as well as a separate washing machine located in a separate laundry closet). The living room has its own spacious balcony overlooking The internal courtyard.

£300 per week - Studio



Prince Of Orange Court, SE16

Just added to the market is a stunning one bedroom flat in a converted pub in the heart of Canada Water which is available July 2013! The fantastic & spacious apartment boasts period features such as double height ceilings and enormous sash windows that have recently been refurbished.

£325 Per Week - 1 bed



Nova Building, E14

A secure development with a 24 hour concierge and residents' leisure facilities. The apartment boasts beautiful wooden flooring and is offered furnished with fully integrated modern kitchen. The spectacular river views and great size accommodation mean that this property will not be available for long. The property also offers you parking and unrestricted use of the leisure facilities.

£375 Per Week - 2 bed



Ontario Point, SE16

This gorgeous property is brand new, and so you have the opportunity of being the first lucky occupiers in this sumptuous apartment. The property boasts stunning views over the city skyline including Tower Bridge, the Shard, The London Eye & Westminster, comfort cooling and under floor heating and is located on the 14th Floor.

£530 Per Week - 2 bed



Victoria House, SE16

A Stunning Two Bedroom, Two Bathroom Apartment on the second floor of Victoria House, one of the last phases in the award winning Maple Quays Development in the heart of Canada Water. Available immediately and is offered newly furnished to an excellent standard. Call now to reserve this fantastic unit.

£470 Per Week - 2 bed



Eleanor Close, SE16

An absolutely enormous and visually stunning three double bedroom, three bathroom (two en suite) town house in Canada Water. Recently renovated to a very high standard, this property is spread beautifully over three floors, and is less than three minutes' walk to Canada Water station.

£600 Per Week - 3 bed



Victoria House, SE16

A stunning one bedroom apartment located on the sixth floor of the brand new Victoria House, one of the final phases of the popular Maple Quays development on the doorstep of Canada Water station. Boasting views over the city and furnished to a high standard. With a large balcony. Available at the end of August 2013.

£385 Per Week - 1 bed



Renaissance, SE13

A spacious modern two double bedroom, two bathroom apartment in Venice Corte part of the highly desirable Barratt Renaissance developments at Lewisham. With wooden flooring throughout, a brand new fitted integrated kitchen, two generous double bedrooms and two bathrooms, this property is not to be missed!

£340 Per Week - 2 bed



Aragon Tower, SE8

A spectacular two bedroom apartment on the twelve floor of Aragon Tower, the sought after and award winning Berkeley Homes development situated on the banks of the Thames. The duplex apartment comprises of two good sized double bedrooms and boasts dual aspect views of the River Thames and Canary Wharf. Call now to arrange a viewing.

£385 Per Week - 2 bed

Unit 1 Toronto House | Surrey Quays Road | London | SE16 7AJ

www.metro-village.com

Docklands office

429 Westferry Road, London E14 3AN

e docklands@hollandproperties.co.uk

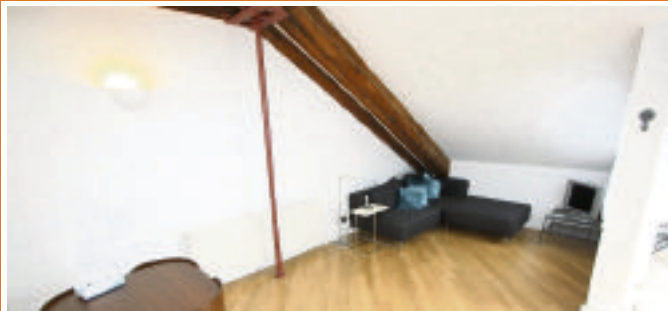
t 020 7538 5554

Surrey Quays office

192 Lower Road, Surrey Quays, London SE16 2UN

e surreyquays@hollandproperties.co.uk

t 020 7231 8160

**Plate House, E14**

- Luxury one bedroom apartment
- Mezzanine bedroom
- 24 hour concierge
- Leisure facilities

- Private balcony
- Walking distance to DLR

£300 p/w**Chapel House Street, E14**

- Three bedrooms
- Garden

- Available late September
- Terraced house

- Popular location
- Walking distance to Mudchute DLR

£420 p/w**Pan Peninsula, E14**

- Luxury one bedroom apartment
- Fifteenth floor
- 24 hour concierge
- On site gym, spa, bar & cinema

- Breath-taking views
- Walking distance to Canary Wharf

£440 p/w**West India Quay, E14**

- One bedroom apartment
- Parking
- 24 hour concierge
- Fifteenth floor

- Furnished
- Ideal Canary Wharf location

£460 p/w**Telegraph Place, E14**

- Four bedroom house
- Offered furnished
- Large garden
- Parking

- Modern condition with laminate floors
- Short walk to Mudchute DLR

£550 p/w**Landmark Tower East, E14**

- Stunning penthouse apartment
- Balcony
- Private residents gym
- Three bedrooms

- 24 hour concierge
- Moments from Canary Wharf

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North Woolwich, E16

- Offered Chain Free
- One Double Bedroom Apartment
- Partial River Views
- Open Plan Fitted Kitchen
- Energy Efficiency Rating C

£165,000 Leasehold

Galleons Lock, E16

- Offered Chain Free
- Two Bedroom & Two Bathroom Apartment
- Views Over The Lock
- Communal Parking
- Close To Local Amenities

£235,000 Leasehold

Royal Quay, E16

- Available Now
- Three Bedroom & Two Bathroom Penthouse
- Under-floor Heating Throughout
- Three Private Balconies
- Secure Underground Parking

£430,000 Leasehold

Galleons Lock, E16

- Rare Duplex Apartment
- Three Bedrooms & Two Bathrooms
- Separate Fully Fitted Kitchen
- Private Balcony Overlooking The Dock
- Street Parking

£330,000 Leasehold

PUBLIC NOTICE



62 Miles Close, Thamesmead, London, SE28 0NJ.
EPC D.

We are acting in the sale of the above property and have received an offer of £157,500. Any interested parties must submit any higher offers in writing to the selling agent before an exchange of contracts takes place.

PUBLIC NOTICE

Spencer James are now in receipt of an offer for the sum of £170,000 for

Flat 7 The Renovation, 4 Woolwich Manor Way, E16 2GE.

Anyone wishing to place an offer on the property should contact Spencer James of 8 Hartlepool Court, Galleons Lock, E16 2RL on 0207 474 3636 prior to exchange of contracts.



Greenwich, SE10

- Available Now
- Two Bedroom Apartment
- Private Balcony
- Off Street Parking
- Close To Local Amenities

£350 PW Furnished Or Unfurnished

Galleons Lock, E16

- Available Mid-September
- One Bedroom Ground Floor Apartment
- Very Large Garden
- Air Conditioning
- Close To Local Amenities

£230 PW Fully Furnished

Royal Quay, E16

- Available Now
- Three Bedroom & Two Bathroom Penthouse
- Stunning Design & Layout
- Private Balcony & Terrace
- Secure Underground Parking

£425 PW Fully Furnished

Greenwich, SE10

- Available End Of August
- Two Bedroom & Two Bathroom Apartment
- Open Plan Fitted Kitchen
- Communal Courtyard
- Close To Local Amenities

£295 PW Fully Furnished

Western Gateway, E16

- Available Beginning Of September
- Two Bedroom & Two Bathroom Apartment
- Concierge 6 Days A Week
- Authentic Warehouse Conversion
- Close To Local Amenities

£360 PW Fully Furnished

Western Gateway, E16

- Available Now
- One Bedroom Apartment
- Authentic Warehouse Conversion
- High Mezzanine Storage Area
- Allocated Parking

£330 PW Fully Furnished

Wards Wharf Approach, E16

- Available Now
- Two Bedroom & Two Bathroom Apartment
- Part-time Porter Service
- On-site Gym
- Allocated Parking

£320 PW Fully Furnished

Royal Quay, E16

- Available Now
- Sixth Floor Two Bedroom Apartment
- Large Private Balcony
- Direct Marina Views
- Air Conditioning & Under-floor Heating

£350 PW Fully Furnished

Royal Quay, E16

- Available Now
- Two Bedroom & Two Bathroom Penthouse
- Under-floor Heating Throughout
- Three Private Balconies
- Secure Underground Parking

£450 PW Fully Furnished

Royal Quay, E16

- Available Now
- Two Double Bedroom Apartment
- Open Plan Fully Fitted Kitchen
- Private Balcony
- Under-floor Heating Throughout

£300 PW Furnished Or Unfurnished

THIS WEEK'S LETTING HOTSPOTS

This week we have registered applicants looking to rent in:

**Galleons Lock
Tradewinds Court
Capital East
Britannia Village**

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Discovery Dock, E14

£625,000 Leasehold

A very well-presented 992sq ft 1st floor 2 bedroom 2 bathroom apartment in the sought-after Discovery Dock East development. The property benefits from dock views from the reception and master bedroom, 24 hour concierge and full leisure facilities. EPC Rating: C



Meridian Place, E14

£725,000 Leasehold

A beautiful 2 bedroom 2 bathroom 6th floor penthouse apartment in the sought-after Meridian Place development. The property benefits from a sizeable South-facing terrace and reception with high ceilings, an excellent finish throughout and secure parking. EPC Rating: D



Foundry House, E14

£769,950 Leasehold

A beautiful 4th floor 2 bedroom penthouse apartment in Foundry House. Located conveniently close to Langdon Park DLR station the property additionally benefits from a sizeable roof terrace and an excellent, modern finish internally. EPC Rating: C



West India Quay, E14

£975,000 Leasehold

A rarely available 25th floor 1350sq ft 2 bed 2 bath apartment in one of Canary Wharf's premier developments. The property benefits from towering West-facing river and City views, secure parking and is offered chain free. EPC Rating: C

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Augustine Bell Tower, E3

£500 per week

A beautiful penthouse apartment in this popular residential development close to Victoria Park and Bow Road tube stations. The apartment comprises 2 double bedrooms, 2 bathrooms, large reception with fully fitted open plan kitchen, private balcony boasting spectacular views of the City and a secure underground parking space. EPC Rating C



Island Row, E14

£395 per week

A spacious apartment ideally located in a residential development in Limehouse. The property comprises 2 double bedrooms, the master benefiting from an en suite bathroom and direct balcony access, spacious reception boasting an additional balcony with canal views, fully fitted kitchen, modern bathroom and allocated parking. EPC rating C



Oriana House, E14

£330 per week

A delightful one-bedroom third floor apartment in the popular Limehouse development of Victory Place. The property features a Mediterranean theme and has the added benefit a balcony enjoying views of Canary Wharf and Ropemakers Field. Close to local DLR links and Canary Wharf. EPC Rating C



Seacon Tower, E14

£375 per week

A modern river facing apartment in this popular residential development walking distance from Canary Wharf. The property boasts direct river views, balcony and open plan kitchen. The development benefits from a 24 hour porter and gym and is located walking distance from all of Canary Wharfs amenities. EPC rating C

Lily Nichols House, E16

£220 per week

A modern and stylish apartment located close to London City airport and its transport links. The property benefits from a spacious open plan reception and fully fitted kitchen, double bedroom and modern bathroom. EPC rating: C

Hudson Court, E14

£395 per week

A riverside apartment ideally located for access to the River Taxi and Mudchute DLR station. The property boasts 2 double bedrooms, 2 bathrooms, separate fully fitted kitchen and reception with access to a spacious private balcony with side river views. The apartment also benefits from a secure parking space and the development has a daytime porter. EPC rating C

Victoria Wharf, E14

£650 per week

A beautiful apartment on the very desirable Narrow Street in Limehouse. The apartment boasts unsurpassed river views 2 large double bedrooms and is ideally located close to Limehouse DLR for access across London. EPC Rating B

Apollo Building, E14

£450 per week

A beautifully finished, river facing, duplex apartment in this very popular residential development close to Canary Wharf and all its amenities. The apartment comprises 2 double bedrooms, 2 modern bathrooms large and spacious reception with fully fitted open plan kitchen and private balcony with direct river views. EPC Rating: C

Jamestown Way, E14

£545 per week

A great opportunity to rent this spacious three/four bedroom townhouse situated in the popular Virginia Quay development. The property comprises 3 double bedrooms, 1 single bedroom/study, separate eat in kitchen with access to a private garden, large reception with balcony and river views, off street parking and a garage. EPC Rating: D

Berkeley Tower, E14

£765 per week

A beautiful and spacious 2 bedroom apartment in Canary Riverside, with beautiful dual aspect views over the River Thames and Canary Wharf. The property benefits from two double bedrooms, two bathrooms (one en suite), both finished in marble stone, solid wood flooring, comfort cooling and skirting heating. EPC Rating: C

Welles Court, E14

£395 per week

A superbly situated one bedroom property available within walking distance to Canary Wharf and Westferry DLR station. This modern apartment is well maintained and the development has lift porter and covered parking. EPC Rating B

Cold Harbour, E14

£615 per week

A charming three bedroom split level apartment. The building was originally the very first River Police Station in London and has many original features such as exposed brick work and wooden floors. The property comprises 3 double bedrooms, 2 bathrooms river facing balcony and Canary Wharf facing roof Terrace. EPC Rating D



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SpacE1, E1

£250,000 L/H

- Brand New Studio
- Balcony
- 24hr Concierge & gym
- Tower Gateway DLR

EPC - B



Baltimore Wharf, E14

£330,000 L/H

- Studio Suite
- 344sqft, 2nd floor
- Dock Facing
- Crossharbour DLR

EPC - B



Baltimore Wharf, E14

£349,995 L/H

- One bedroom
- Luxury apartment
- Pretty Terrace
- Gym, spa & 24hr concierge

EPC - B



Landmark West, E14

£375,000 L/H

- One bedroom
- 8th floor, 559sqft
- Courtyard facing
- Gym & 24hr concierge

EPC - B



Landmark West, E14

£385,000 L/H

- One bedroom
- 13th floor, 540sqft
- Gym & 24hr concierge
- Canary Wharf DLR & Jubilee

EPC - B



Marine Wharf, SE16

£390,000 L/H

- Two bed, two bath
- Brand new apartment
- Residents Parking
- Canada Water Jubilee

EPC - TBC



Galaxy Building, E14

£425,000 L/H

- Two bed, two bath
- 1071sqft, 6th floor
- Stunning river views
- Residents parking

EPC - B



Landmark East, E14

£470,000 L/H

- Investment Opportunity
- One bedroom
- 538sqft, 39th floor
- Achieving £21,320 pa

EPC - B



Landmark East, E14

£665,000 L/H

- Two bed, two bath
- 25th floor, Panoramic views
- 24hr Concierge & gym
- Luxury development

EPC - B



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New Festival Quarter, E14

£260pw

- Brand New Apartment
- Studio Apartment
- Gym and 24hr Concierge
- Langdons Park DLR

EPC-B

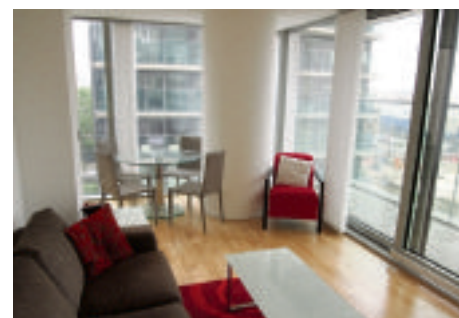


The Panoramic, E14

£265pw

- Brand New Development
- One Bedroom, Balcony
- Gym and Concierge
- Landgons Park DLR

EPC-?



Landmark East, E14

£340pw

- Luxury Apartment
- One Bedroom, Balcony
- Gym & 24hr Concierge
- Heron Quay DLR

EPC-B



Matchmakers Wharf, E9

£360pw

- Two Bed, Two Bath
- Large Balcony
- Gym & 24hr Concierge
- Homerton Station

EPC-B

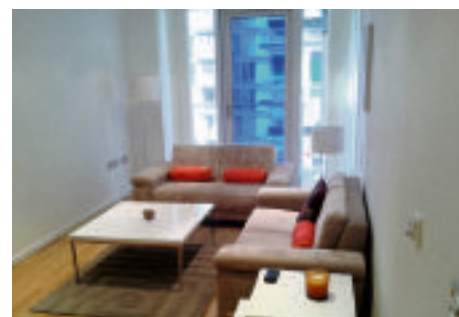


Landmark East, E14

£415pw

- One Bedroom
- 41st Floor
- Gym & 24hr Concierge
- Heron Quays DLR

EPC-B



Ability Place, E14

£495pw

- Luxury Apartment
- Two Bed, Two Bath
- Parking Included
- South Quay DLR

EPC-C

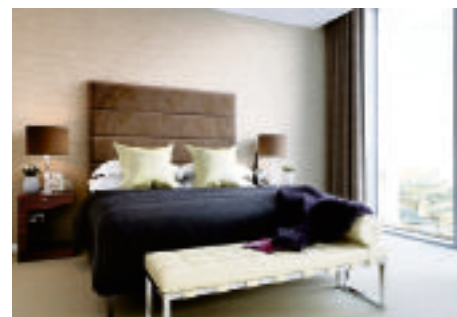


Landmark West, E14

£530pw

- Luxury Apartment
- Two Bed, Two Bath
- Parking Included
- Heron Quay DLR

EPC-B



The Heron, EC2

From £650 pw

- Brand New One Bedroom Apartments
- Comfort Cooling And Smart Home Technology
- Floors 7-30 With Stunning Views
- Fully Furnished

EPC-?



The Heron, EC2

From £1500pw

- Luxury Three Bedroom Apartments
- High Specification
- Located In The Heart Of The City
- 24hr Concierge And Leisure Facilities

EPC-?

WE KNOW WHY PEOPLE LOVE LIVING IN LONDON'S VILLAGES
LIVELY COMMUNITIES, PRETTY PARKS, GOOD PUBS AND RESTAURANTS,
CHARACTERS ALL OF THEIR OWN. WE LOVE LONDON'S VILLAGES AND
WE KNOW WHY BUYERS DO TOO.

fjlord.co.uk

Felicity J. Lord



**CLIPPER
APARTMENTS
£400,000**

A beautifully presented, light and airy two bedroom apartment located in the heart of Central Greenwich, featuring a generous south facing terrace with rooftop views towards The Royal Park and St Alfege Church.

GREENWICH
020 8293 8555
Ref: FJL027103997
EPC B



**WASHINGTON BUILDING, SE16
£375,000**

A contemporary two bedroom apartment, located on the eighth floor of this conveniently located modern development, benefiting a huge private roof terrace offering rooftop views across London.

GREENWICH 020 8293 8555
Ref: FJL027103930 | EPC B



**ASHBURNHAM TRIANGLE, SE10
Guide Price £975,000**

Victoria Gate Gardens is an exclusive, brand new gated development in The Ashburnham Triangle, comprising two luxury detached houses featuring three large double bedrooms and secure, off street parking. Call Felicity J Lord for a viewing.

GREENWICH 020 8293 8555
Ref: FJL027103773 | EPC A



GLOBE WHARF, SE16 £500,000 - £520,000

A two bed, two bath warehouse conversion on the fourth floor of this popular converted Rice Mill, the property benefits from exposed brickwork, separate kitchen and allocated parking as well as en-site gym and use of swimming pool.

SURREY QUAYS 020 7237 2320
Ref: FJL113200846 | EPC B



**HELENA SQUARE,
SE16**

£400,000-£420,000

A top floor two bedroom, two bathroom apartment, set in a corner position of the development offering views of the River Thames. Located within Sovereign Crescent and benefitting from allocated parking.

SURREY QUAYS
020 7237 2320
Ref: FJL113200842
EPC C



EDWARD SQUARE, SE16 £425,000 - £450,000

A two bedroom, two bathroom newly refurbished top floor apartment, the property is set within a gated development and benefits from river views, allocated parking and being finished to a high standard throughout.

SURREY QUAYS 020 7237 2320
Ref: FJL113200859 | EPC C

**COPPERFIELD
STREET, SE1
£699,950**

Located on a quiet back street in the heart of Borough is this gorgeous period property offering immense character throughout. To avoid disappointment, early viewing is highly recommended.

SHAD THAMES
020 7089 6490
Ref: FJL027604391 |
EPC E



**HORSELYDOWN MANSIONS, SE1
£950,000-£975,000**

A rare chance to acquire a spacious penthouse apartment within this small and exclusive development in Shad Thames. Features include 24' terrace, exposed brickwork, two en-suites, views of the Shard and available with no onward chain. Viewing highly recommended.

SHAD THAMES 020 7089 6490
Ref: FJL027604069 | EPC D



ADMIRALS COURT, SE1 £699,950 - £725,000

Located in the heart of Shad Thames with views over Tower Bridge Piazza is this fantastic two bedroom duplex apartment with two balconies, en-suite and secure parking. To arrange an internal inspection, please call our sales team today.

SHAD THAMES 020 7089 6490
Ref: FJL027604329 | EPC C

WE KNOW WHY PEOPLE LOVE LIVING IN CANARY WHARF
GREAT PLACES TO EAT AND DRINK, A MOMENT'S COMMUTE TO ONE OF
WORLD'S FINANCIAL POWERHOUSES, A FRESH BREEZE FROM THE RIVER
AND APARTMENTS WITH STUNNING VIEWS.

Unit 3c, South Quay Plaza,
185 Marsh Wall, Canary Wharf,
London, E14 9SH

Felicity J. Lord

SOLD



VIRGINIA QUAY, E14

£599,995

Virginia Quay residents, we have several buyers in proceedable positions looking for apartments within your development. Top prices being achieved, call us now

CANARY WHARF
0207 987 6776
Ref: FJL026903818
EPC - B

SOLD



BURRELLS WHARF, E14 £379,995

Sold in 2 days, similar properties required for waiting buyers. Exclusive fee's available for Burrell's Wharf residents. Call us for more information.

CANARY WHARF 0207 987 6776
Ref: FJL026904014 | EPC - C



QUAY VIEW APARTMENTS, E14 £375,000

Offering beautiful views over Millwall Dock and sailing club is this well proportioned two double bedroom apartment, close to Mudchute DLR. With floor to ceiling windows and a contemporary interior this large apartment also comes with parking.

CANARY WHARF 0207 987 6776
Ref: FJL026904147 | EPC - C

WE NEED YOUR PROPERTY!

Instruct us to sell your property in August and benefit from a reduced sole agency fee of 1.5%+vat. Take our 2 week challenge to sell your property.

CANARY WHARF 0207 987 6776

SOLD



LANGBOURNE PLACE, E14 £439,995

Sold in 24 hours. Since marketing this apartment we have registered a number of buyers specifically looking for apartments in Langbourne Place. Need to sell quickly? Call now.

CANARY WHARF 0207 987 6776
Ref: FJL026904054 | EPC - C

SOLD



BARNSDALE AVENUE, E14

£499,995

Sold in 1 day £20,000 over asking price. Similar required for waiting buyers. This immaculate three double bedroom family sized house comes with a lovely east facing garden and a useful integral garage. With well proportioned rooms and a contemporary interior this house is in perfect condition throughout.

CANARY WHARF
0207 987 6776
Ref: FJL026904143
EPC - C

SOLD



ST DAVID'S SQUARE, E14 £489,995

We have recently sold this 3 bedroom apartment in St David's Square at the full asking price and have several buyers waiting for similar properties.

CANARY WHARF 0207 987 6776
Ref: FJL026904100 | EPC - C

PENINSULAR COURT, E14

£374,995

This beautifully presented apartment is spread over the top two floors of this well located private gated development. With well proportioned south facing rooms this contemporary styled apartment also comes with parking.

CANARY WHARF
0207 987 6776
Ref: FJL026903908
EPC - C



SOLD



FRANCIS CLOSE, E14 £419,995

Due to significant demand this lovely 3 bedroom house sold at £10,000 over its asking price. Do you have a house to sell? We have successfully sold more Freehold property than any of our competitors this year.

CANARY WHARF 0207 987 6776
Ref: FJL026904049 | EPC - C

SOLD



LANDMARK TOWER, E14 £600,000

Do you own a property in Landmark Tower? Take our two week challenge to sell your property. Call now for more information about our exclusive selling fee.

CANARY WHARF 0207 987 6776
Ref: FJL026904125 | EPC - C

ALAN SELBY AND PARTNERS

Estate Agents | Land & Development Consultants



Papermill Wharf, E14

- £529,995
- Two bedroom apartment
- Located on Narrow St
- Secure parking
- 24hr concierge
- Chain free

EPC
Rating:
C



Arnheim Wharf, E14

- £464,995
- Two bedroom apartment
- Study room
- Ground floor
- Secure parking
- Chain free

EPC
Rating:
D



PRICE REDUCTION

EPC
Rating:
C

Naxos Building, E14

- £319,995
- One bedroom apartment
- Ground floor
- River view
- Leisure facilities
- Chain free



EPC
Rating:
B

Indescon Square, E14

- £269,995
- Studio apartment
- Terrace
- Immaculate condition
- Great location
- Chain free



UNDER OFFER

EPC
Rating:
C

Seacon Tower, E14

- £499,995
- Two bedroom apartment
- Stunning views over London
- Excellent condition
- Leisure facilities
- Chain free



020 7519 5900
info@alanselby.co.uk
www.alanselby.co.uk

ALAN SELBY AND PARTNERS

Traditional values | A modern approach



The Heron, EC2Y

- £1,599,950
- Two bedroom apartment
- 29th floor
- Stunning City development
- 24 hr concierge
- High specification finish



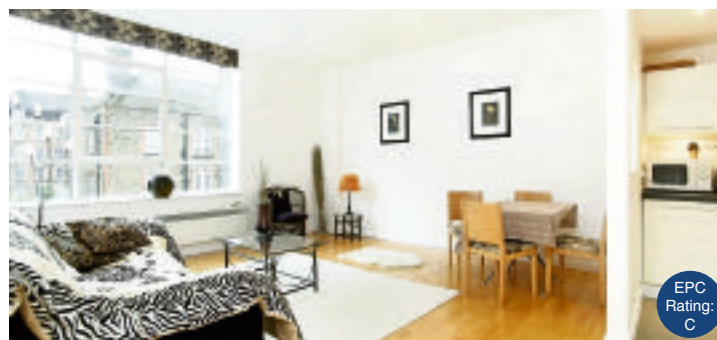
City Harbour, E14

- £689,995
- Three bedroom apartment
- 1300+ sq ft
- Two underground parking spaces
- 24hr concierge
- Dock views



Aegon House, E14

- £384,995
- Two bedroom apartment
- Secure parking
- Chain free
- Sixth floor
- Close to DLR



Brody House, E1

- £800,000
- Two bedroom apartment
- City fringe location
- Parking available
- Excellent condition
- Open plan living



Pepper Street, E14

- £400,000
- Development opportunity
- 1031 sq ft
- Stunning views
- Current use as office
- Great location

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ALAN SELBY AND PARTNERS

Estate Agents | Land & Development Consultants



The Heron, EC2Y

- £650 Per Week
- One Bedroom
- New Luxury Development
- Leisure Facilities
- 24 Hour Concierge
- Available end of August



EPC
Rating:
C

Edison Building E14

- £380 Per Week
- Two Bedrooms
- Two bathrooms
- Secure Parking
- Leisure Facilities
- Available Now



NEW HOMES

The Heron, EC2Y

- £1750 Per Week
- Three Bedrooms
- Fully Fitted Kitchen
- Leisure Facilities
- 24 Hour Concierge
- Available end of August



EPC
Rating:
B

Pan Peninsula, E14

- £335 Per Week
- Studio Apartment
- Fully Fitted Kitchen
- Stunning Dock Views
- Concierge Service
- Available September 2013



EPC
Rating:
C

Ocean Wharf, E14

- £365 Per Week
- Two Bedrooms
- Fully Furnished
- Fully Fitted Kitchen
- Real Hard Wood Flooring
- Available End of July



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Traditional values | A modern approach

ALAN SELBY
AND PARTNERS



The Heron, EC2Y

- £500 Per Week
- Studio Galley Suite
- Fully Fitted Kitchen
- Leisure Facilities
- 24 Hour Concierge
- Available end of August



The Heron, EC2Y

- £1250 Per Week
- Two Bedrooms
- Luxury Apartment
- Leisure Facilities
- Fully Fitted Kitchen
- Available end of August



EPC
Rating:
C

Lovegrove Walk, E14

- £540 Per Week
- Four Bedrooms
- Two Bathrooms
- Garage & Driveway Parking
- Stunning Views
- Available Mid September



EPC
Rating:
C

Chart House, E14

- £395 Per Week
- Two Bedrooms
- Two Bathrooms
- River Views
- Secure Parking
- Available Mid August



EPC
Rating:
D

Lovegrove Walk, E14

- £295 Per Week
- One Bedroom
- Balcony
- Double Bedroom
- Canary Wharf Views
- Available Now

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www.alanselby.co.uk



KnightFrank.co.uk



Port East, Nr Canary Wharf E14

£1,250 per week

Three bedroom penthouse apartment situated in the heart of Canary Wharf in a portered warehouse development. 3 bedrooms, 2 bathrooms, reception room, kitchen, study, concierge. EPC rating E. Available furnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



Limehouse Wharf, Limehouse E14

£995 per week

Three bedroom apartment designed to the highest standard but retaining the warehouse character and features. 3 bedrooms, 3 bathrooms, reception room, open plan kitchen. EPC rating C. Available unfurnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



Langbourne Place, Nr Canary Wharf

£825 per week

Three bedroom duplex penthouse apartment to let with a South West facing balcony and views towards the Thames. 3 bedrooms, 3 bathrooms, reception room, kitchen, concierge, parking. Available furnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



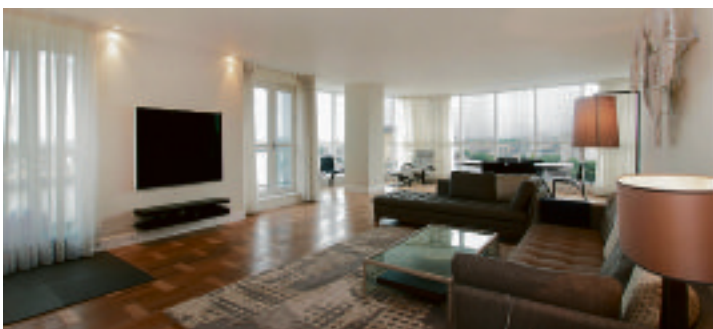
New Atlas Wharf, Nr Canary Wharf E14

£750 per week

Spacious three bedroom apartment with large private terrace directly fronting the River Thames. 3 bedrooms, 3 bathrooms, reception room, kitchen, concierge, gym, parking. EPC rating C. Available furnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



Belgrave Court, Nr Canary Wharf E14

£1,200 per week

Bright and spacious three bedroom apartment with large windows and amazing views. 3 bedrooms, 3 bathrooms, reception room, kitchen, concierge, parking, leisure facilities. EPC rating C. Available furnished

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Dundee Wharf, Limehouse E14

£925 per week

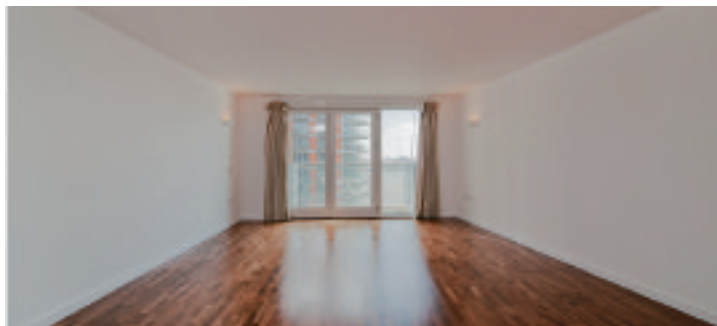
Seventh floor apartment boasting a large reception room with views across Canary Wharf. 3 bedrooms, 2 bathrooms, reception room, kitchen, concierge, leisure facilities, parking. EPC rating C. Available unfurnished

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KnightFrank.co.uk



New Providence Wharf, E14

£575 per week

Two bedroom apartment set within a luxury riverside development with views over the Thames towards the O2 arena. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking, leisure facilities. Available unfurnished

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Arnhem Wharf, Nr Canary Wharf E14

£550 per week

Two bedroom duplex apartment to let with three balconies and river views. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge, parking. EPC rating C. Available unfurnished

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Ocean Wharf, Nr Canary Wharf E14

£525 per week

Three bedroom apartment to let located close to Canary Wharf and local DLR stations. 3 bedrooms, 2 bathrooms, reception room, kitchen, concierge, parking. EPC rating C. Available furnished

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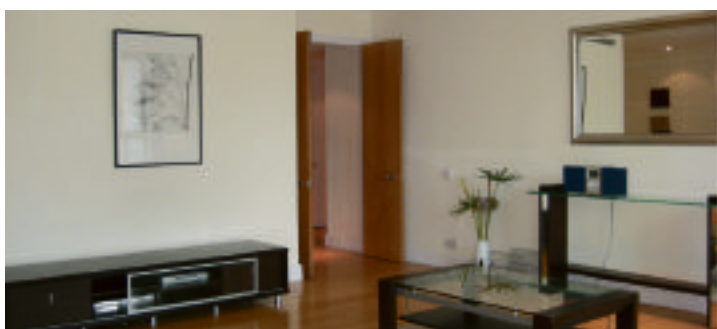
Hudson House, Bow E3

£510 per week

Three bedroom apartment located in a canal side development and close to Langdon Park DLR station. 3 bedrooms, 2 bathrooms, reception room, open plan kitchen. EPC rating B. Available furnished

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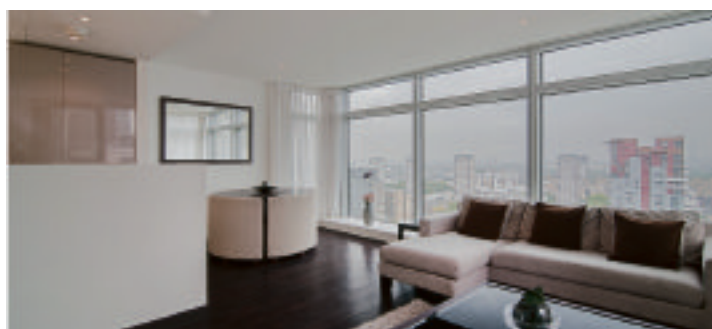
Berkeley Tower, Nr Canary Wharf E14

£750 per week

Two bedroom apartment to let in the prestigious development of Canary Riverside. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge, parking. EPC rating B. Available furnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



Pan Peninsula, Nr Canary Wharf E14

£600 per week

Modern two bedroom apartment to let located on the 21st floor. 2 bedrooms, 2 bathrooms, reception room, kitchen, balcony, concierge, leisure facilities. EPC rating B. Available furnished

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Port East, Nr Canary Wharf, E14

£495 per week

Two bedroom second floor apartment set within an impressive warehouse conversion. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking, concierge. EPC rating E. Available furnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



West India Quay, Nr Canary Wharf E14

£500 per week

Unique one bedroom apartment featuring floor to ceiling windows with excellent views. Bedroom, bathroom, reception room, open plan kitchen, concierge. EPC rating B. Available furnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



Apollo Building, Nr Canary Wharf E14

£475 per week

Two bedroom apartment to let located within the Odyssey development with balcony and river views. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, concierge, parking. Available furnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



Vanguard Building, Nr Canary Wharf

£460 per week

A good size two bedroom apartment with balcony and river views. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking, concierge. EPC rating B. Available unfurnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



Chinnocks Wharf, Limehouse E14

£495 per week

Spacious first floor apartment set in a portered development on Narrow Street. 2 bedrooms, 2 bathrooms, reception room, kitchen, balcony, parking, river views. EPC rating C. Available furnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



Berglen Court, Limehouse E14

£425 per week

Impressive two bedroom apartment to let in Limehouse located close to the DLR station. 2 bedrooms, 2 bathrooms, reception room, kitchen, parking. EPC rating D. Available furnished

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KnightFrank.co.uk



Undine Road, Nr Canary Wharf, E14

£380 per week

Two bedroom house in a peaceful setting close to Canary Wharf with excellent transport links. 2 bedrooms, bathroom, reception room, kitchen, parking, garden.

Available furnished

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Hudson House, Bow E3

£370 per week

Two bedroom apartment located in a canal side development close to Langdon Park DLR. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, porter. EPC rating B.

Available furnished

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Hallmark Court, Limehouse E14

£350 per week

Well presented two bedroom apartment to let located on the Limehouse Cut canal. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, concierge, parking. EPC rating B.

Available furnished

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020 3641 6225 cwharf@knightfrank.com



Dundee Wharf, Limehouse E14

£385 per week

One bedroom apartment to let in a prestigious gated development with porter. Bedroom, bathroom, reception room, open plan kitchen, parking, gym. EPC rating E.

Available furnished

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Forge Square, Nr Canary Wharf E14

£450 per week

Three bedroom apartment to let located on the Westferry Road under two miles from Canary Wharf. 3 bedrooms, 2 bathrooms, reception room, kitchen. EPC rating B.

Available furnished

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Bartholomew Court, Nr Canary Wharf

£325 per week

Spacious one bedroom apartment to let in the sought after development of Virginia Quay. Bedroom, bathroom, reception room, kitchen. EPC rating B.

Available furnished

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Gainsborough House, Nr Canary Wharf £440 per week

Fantastic two bedroom apartment in the sought after Canary Central development. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge. Available furnished

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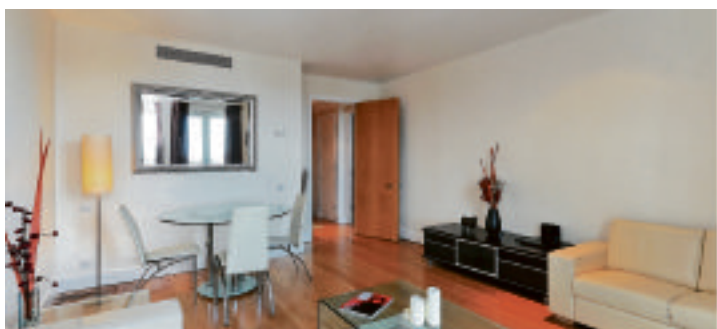


Apollo Building, Nr Canary Wharf E14 £450 per week

Spacious two bedroom duplex apartment with large terrace ideal for entertaining. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, porter. EPC rating D. Available unfurnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



Eaton House, Nr Canary Wharf E14 £440 per week

Fully furnished apartment located within one of Canary Wharf's most prestigious developments. Bedroom, bathroom, reception room, open plan kitchen, concierge, parking. EPC rating C. Available furnished

KnightFrank.co.uk/Lettings

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Port East, Nr Canary Wharf E14 £470 per week

Luxury one bedroom apartment with access to a private balcony from the reception room. Bedroom, bathroom, reception room, kitchen, parking, concierge. EPC rating B. Available furnished

KnightFrank.co.uk/Lettings

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Langbourne Place, Nr Canary Wharf £350 per week

Two bedroom apartment situated in a quiet riverside development close to Island Gardens DLR. 2 bedrooms, 2 bathrooms, reception room, kitchen, concierge. EPC rating C. Available furnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



Vicinity House, Nr Canary Wharf E14 £410 per week

Two bedroom apartment to let in the popular Storehouse Mews development. 2 bedrooms, bathroom, reception room, kitchen. EPC rating C. Available furnished

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KnightFrank.co.uk



Landmark West, Nr Canary Wharf E14 £395 per week

One bedroom apartment with floor to ceiling windows and excellent views of Canary Wharf. Bedroom, bathroom, reception room, open plan kitchen. EPC rating B.

Available furnished

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020 3641 6225 cwharf@knightfrank.com



Wheatsheaf Close, Nr Canary Wharf E14 £370 per week

Two bedroom apartment located close to Mudchute DLR with quick access to Canary Wharf. 2 bedrooms, 2 bathrooms, reception room, kitchen. EPC rating C.

Available furnished

KnightFrank.co.uk/Lettings

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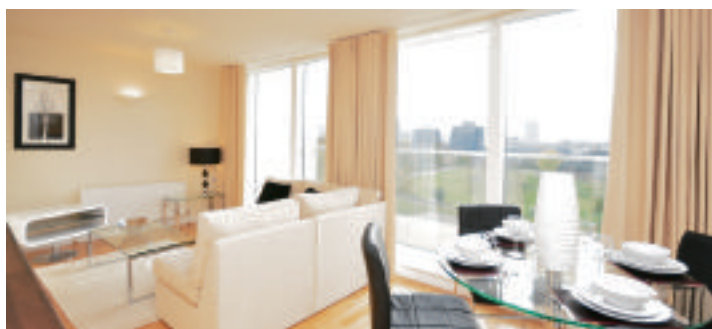
Forge Square, Nr Canary Wharf E14 £350 per week

Contemporary two bedroom apartment located on the Westferry Road close to Canary Wharf. 2 bedrooms, 2 bathrooms, reception room, kitchen.

Available furnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



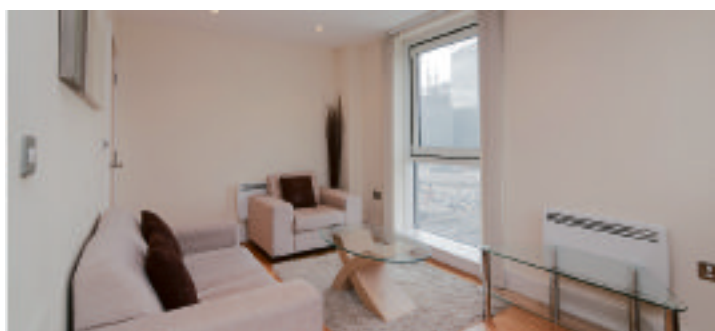
Hallmark Court, Limehouse E14 £350 per week

Well presented two bedroom apartment to let in Silver Wharf. 2 bedrooms, 2 bathrooms, reception room, open plan kitchen, parking, concierge. EPC rating B.

Available furnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



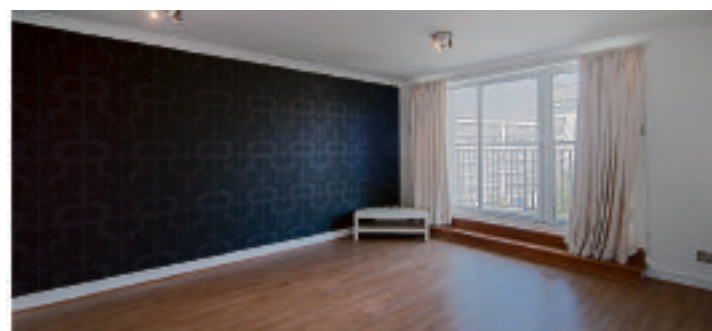
Wharfside Point, Nr Canary Wharf E14 £290 per week

Stylish high specification one bedroom apartment located close to Canary Wharf and transport links. Bedroom, bathroom, reception room, kitchen. EPC rating D.

Available furnished

KnightFrank.co.uk/Lettings

020 3641 6225 cwharf@knightfrank.com



Bartholomew Court, Nr Canary Wharf £300 per week

Superb one bedroom apartment to let in a sought after private development. Bedroom, bathroom, reception room, kitchen, parking, communal gardens. EPC rating E.

Available furnished

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Cobalt Point · E14

One Bedroom Apartment | Available Now | Fully Furnished | Parking available by separate negotiation | On site Gymnasium

£ 300 p/w



The Nook · E1

1 bedroom, 1 bathroom Apartment | Available Now | 5 minutes walk from Tower Hill and Fenchurch Street stations |

£ 390 p/w



Denison House - Lanterns Court E14

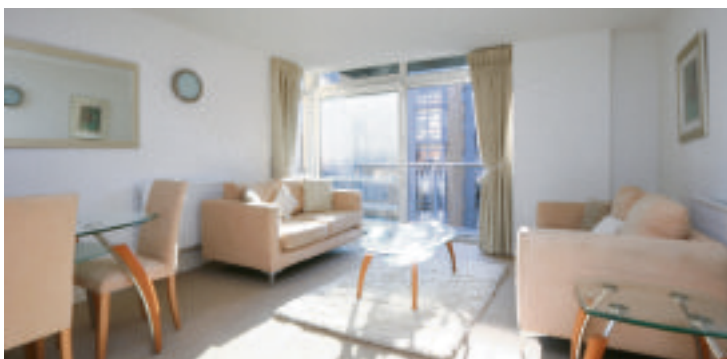
A large 1 bedroom apartment with southerly views located on the seventh floor in the popular Lanterns Court development a stones throw from Canary Wharf. comprising 1 large double room, generous entrance hallway and modern open plan kitchen reception room leading to the balcony. The property has the added benefit of coming with an underground parking space. Early viewing is highly recommended, Long Leasehold. **Asking Price £ 360,000.00**



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£350,000 L/H



BOW, E3

W.J.Meade are pleased to offer this two double bedroom apartment of this stylish modern development. Arranged with a bright, triple aspect reception room including Juliet balcony, affording west facing views towards the City, separate fitted kitchen with full integrated appliances and contemporary three piece bathroom suite. Also benefiting secure allocated parking. Energy Rating B.

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£650,000 F/H



STEPNEY, E1

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£580,000 F/H



BOW, E3

W.J.Meade are pleased to offer this first floor two bedroom apartment in a modern block. Open plan kitchen to reception, fitted bathroom and gas central heating (untested). Situated close to Devons Road and Bow Church DLR stations. Chain free. Energy Rating C.

£204,950 L/H



BOW, E3

W.J.Meade are pleased to offer this two bedroom apartment on the second floor of a modern block. Arranged over 550 sq ft, with open plan kitchen to reception and fitted bathroom. Situated close to Devons Road and Bow Church DLR stations. Chain free. Energy Rating C.

£214,950 L/H



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O.I.E.O. £270,000 L/H



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£225,000 L/H

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